THE

TROPICAL RESIDENT AT HOME.

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LETTERS

ADDRESSED TO EUROPEANS RETURNING FROM INDIA
AND THE COLONIES

ON SUBJECTS CONNECTED WITH THEIR HEALTH
AND GENERAL WELFARE.

BY

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PREFACE.

Having since my return from India, in 1863, received applications from many quarters for information respecting Home-life in its more ordinary details, it has occurred to me that a little work like the present, might prove useful not only to the friends for whom these Letters were originally designed, but also to others who have either already returned to this country from India and the Colonies or who have such a step in contemplation.

E. J. W.

28, George Street,
Hanover Square,
October, 1866.

CONTENTS.

LETTER I.

Time approaching for return home—Congratulations—Possibility of disappointment—Not to form too high expectations—Causes of disappointment—Climate of England—Two sides of the question—Best period for arriving at home—Anecdote of a Madras officer—Coldness of English manner—Colonel Newcome—His experience that of others—Old tropical friends—Differences between English and Colonial practice of hospitality—Loss of dignity—Ignorance of the current topics of the day—Change of habits and tastes with advancing years . . . . pp. 1—17

LETTER II.

The necessity for occupation at home—Intimate connexion between mind and body—Illustrative anecdote—Ennui from idleness—Occupation to be regulated by habits and tastes—Different kinds of occupation—Farming—Horticulture—Botany—Other natural sciences—Microscope—Hunting and other out-door pursuits—Literature—Old book-shops—Forming collections of articles of vertu—Pleasures of scientific pursuits—Artistic pursuits—Photography—Volunteer corps—Religion—Philanthropy—Danger of mercantile pursuits to the uninitiated—Difficulty of procuring remunerative occupation . . . . pp. 18—46

LETTER III.

Choice of place of residence—Danger of too hasty a decision—Settling down—Town and country life—Reputed cheapness of country living—Real cause of difference—Temptation to expenditure not unknown in the country—Gossip—Privacy of London—Asia Minor—Advantages of London life—Society—East Indian Colonies . . . . pp. 47—64

LETTER IV.

Climatology of England—"The English climate" by no means uniform—Effects of atmospherical conditions on persons recently arrived from the tropics—Cold—Cold and damp—Moist heat—Exposure to solar rays—Necessity for consulting the previous state of health when choosing a locality for residence—Effects of the change of climate on persons returning from the tropics—Sir Ranald Martin on the resulting changes in the skin and internal organs—Suddenness of transition—Some advantages of a voyage by the Cape—Tropical diseases for which the English climate is sought—Climates suited to Nervous Debility—Periodical fevers—Affections of the liver—Dysentery—Dyspepsia—Chronic Rheumatism—London as a health residence—North Wales—One's "native air" . . . . pp. 65—82

LETTER V.

Search after Lodgings—Weekly tenure—Extras—Other lodgers—Apartments in private houses and over shops—Choice of rooms—Prices of lodgings in different localities—Lodging-house servants—Taking a house—Furnished houses—Taxes should be paid by the tenant and deducted from the rent—Objections to under-tenancy—Inventory of furniture—Unfurnished houses on lease—Repairing leases—Water—Quality—Filters—Quantity and supply—Drainage—Bad smells—Deodorizing agents—The dust-bin—Ventilation—General rules as to site and neighbourhood . . . . pp. 83—102

LETTER VI.

Clothing on arrival—Principles to be observed—Fallacy of the Thermometer—Too heavy clothing—Danger of too little clothing during the first months at home—Flannel or woollen fabrics next the skin—When to be begun—Dr. Combe on flannel—Advantages of mixed fabrics—Cotton—Linen—Silk—Chamois leather—Clothing in spring—Outer garments—Waterproof clothing—Fit—An unprotected region—Stocks—Bosom friends—Beards—Cold feet—Dirty roads—Spatterdashes—Head-gear—Ventilators—Protection of the upper part of the spine against solar heat . . . . pp. 103—123

LETTER VII.

Night attire—Bed clothes—Upper and under strata—Objections to feather-beds — Cold extremities — Woollen socks *v.* hot-water bottles — Exercise and ice-bags — Cotton and linen sheets—Nightcaps—Bed ventilation—Four-posters—Iron bedsteads—Situation of the bedstead—Choice of sleeping-room—Open windows—Night air—A good method of securing ventilation—Opening bedroom doors for air—Fires in bedrooms—Use and abuse—Smoky and foul chimneys—The pleasure of having your chimney swept—Chimneys as ventilators—Night-lights—Gas in bedrooms—Social and economic advantages of gas—Summary of advice . . . . pp. 124—153

LETTER VIII.

Food—Veal cutlets and mushrooms *v.* bread-and-butter—Over-estimate of English viands—Fish—Meat—Vegetables and fruits—Variety of food in England—Ill effects of unvaried diet—Victualling a ship with geese—English cookery—Too great a variety at the same meal—Diet on arrival—First temptations—

Safety can only be gained by experience—General principles—Dr. Beaumont's tables worthless as a practical guide—Circumspection necessary at first—Quantity to be regulated by individual experience—Highly-seasoned dishes must be abandoned in England—Neglect of mastication—Frequency and time of meals—Avoid change—"Chota hazri"—Early craving—A good master makes a good servant . . . . pp. 154—175

LETTER IX.

Beverages—Excesses in the tropics—A good opportunity for reform—Change necessary—French wines—Pure wine—The real test—Mixing wines—Bottled beer—Draught bitter ale—A fillip before or after dinner—The proper time for wine and beer—The amount taken should be regulated by exercise—Athletic exercise must not be resumed too suddenly on return home—Kinds of exercise—Walking—Horse exercise—The time for exercise—An object—Dress for and after exercise—Athletic sports—Croquet.

pp. 176—194

LETTER X.

Baths—Twofold use of bathing—The functions of the skin—Insensible and sensible perspiration—Quantity—Constituents—The effects of checked perspiration—Structure of the sweat glands—Number and extent—Causes of obstruction of the pores—Necessity of bathing in England no less than in the tropics—Form of bath most easily obtained in England—Water alone insufficient for cleanliness—Temperature—Friction—Bathing a tonic or a stimulant?—Abuse of cold bath in tropical countries—Other forms of bath—The Turkish bath—Cautions . . pp. 195—212

LETTER XI.

Medical hints—Recapitulation—Change of climate alone seldom a sufficient remedy in tropical diseases—Dysentery—Dyspepsia—Causes of Dyspepsia—Caution against an exclusive reliance on Medicines—Amateur practitioners in the tropics—The abuse of Purgatives—Mercurials—The disuse of Mercury in the treatment of tropical diseases—Quinine—Cases in which it fails—Mineral Waters—Tropical affections in which Chalybeate, Saline, and Sulphurous Waters are indicated—Inferiority of imitations—Mineral Waters should be drunk at their original sources—Warning against depletion and lowering remedies . . pp. 213—231

LETTER XII.

Income required for home life—The minimum in the country and in London—English and colonial housekeepers—Training in India—The first year at home—Purchase of furniture—Auctions—Bringing furniture to England—How to live on a small income—Boarding-houses—Clubs—*Vale* . . . . pp. 232—242

LETTER I.

Time approaching for return home—Congratulations—Possibility of disappointment—Not to form too high expectations—Causes of disappointment—Climate of England—Two sides of the question—Best period for arriving at home—Anecdote of a Madras officer—Coldness of English manner—Colonel Newcome—His experience that of others—Old tropical friends—Differences between English and Colonial practice of hospitality—Loss of dignity—Ignorance of the current topics of the day—Change of habits and tastes with advancing years.

My dear D.,

The time is now fast approaching when, in all human probability, you will plant your foot once more in dear old England. This cannot be otherwise than a source of deep and heartfelt gratification to you. Your period of active service in the tropics is now well-nigh completed, the goal attained, the longing of your heart through many a long and weary year satisfied, your dearest wishes accomplished. Many of those who started with you in the race of life have been arrested by the hand of death; others, ruined in health by

exposure to unhealthy climates, or by the indulgence of imprudent or vicious habits, are spending their days in pain and sorrow, perhaps in penury. From all these sad vicissitudes you have been happily spared; your career has, on the whole, been a success. You have succeeded in obtaining a good report for yourself amongst your fellow-men; your mental faculties are as sound, if not sounder, than they were twenty or thirty years ago, when you left your father's house a mere stripling; your health is comparatively unimpaired, whilst your coffers, if not full to overflowing, are sufficiently full to warrant your being called comfortably off; and, to add to all this, you are now about to close your honourable career of active life in the tropics by returning to your fatherland, with the reasonable hope of spending the remainder of your days surrounded by those family ties and domestic comforts which render life so well worth having. Surely, for all this you cannot fail to lift up your heart in gratitude to the Great Giver of all good.

Notwithstanding all these manifold advantages, it is quite within the range of possibility that you may, after all, experience a feeling of disappoint-

ment when you have put your plans into execution, and settled down at home for good. More than three years' experience of home life has sufficed to afford me many opportunities of observing men with advantages nearly equal to your own, and as full of hope as you can possibly be, who, after all, have failed to realize in *home* that land of promise which they had so fondly pictured to themselves. This is attributable partly to the operation of the almost universal law, that things in possession lose half the charms which they had in expectation, and partly, nay, principally, either to ignorance or neglect of the first principles of hygiene, moral and physical. To the consideration of these the following letters will be chiefly devoted.

First of all, then, I would advise you not to raise your expectations too high; do not be too sanguine as to the pleasures to be enjoyed on your return home. Let not this, my first piece of advice, lead you to suppose that I am a confirmed grumbler, as so many old Indians are, and consequently, to throw these pages aside in disgust. I am writing the record of my own experience, in a great measure; and it is my earnest desire that you should see things as they are, in their true light.

and not through the false medium of over-sanguine hope. England is an excellent country: it possesses advantages, many and great, over the land you are leaving, and if these advantages are only employed rightly, and turned to their legitimate use, there is no country in the wide, wide world, where you may reasonably expect a greater amount of solid comfort and happiness. But it is not a paradise; it has its drawbacks—what country has not?—and on these let us pause for a few moments.

First, then, there is the climate. If, during your tropical career, you have thought on the subject at all, your mind's eye, has doubtless wandered over many a sunny landscape rendered dear to you by pleasant reminiscences, to fine, long summer twilights, to harvest-fields "standing thick with corn," to fragrant hay-fields, and a thousand other equally pleasant scenes. Or perhaps, turning to the joyous Christmas-tide, you may have pictured to yourself a glorious winter day, a broad expanse of unsullied white around you, the crisp snow crackling pleasantly beneath your tread as you seek to warm yourself by a good constitutional, or by a slide on the hard-frozen lake. If you have, I say, remembered England only under these pleasant

phases—and it is extremely probable that you have done so, for there is a peculiar proneness in the human mind, in recalling the past, to sink the disagreeable, and to remember only the agreeable,—you will have formed a very defective picture of the climate as it really is. You have forgotten or ignored the cold, penetrating East winds, which seem willing, if only allowed to do so, to pierce even to the innermost man; you have forgotten the cold, cheerless days of October and November, which are enough to damp the most cheerful temperament; those dense, pea-soup-like fogs which render gas at mid-day a necessity; the thick, drizzling rain, the dreadful thaws, when you have to wade ankle-deep through soft, slushy mire; the long, dreary winter evenings, and the broiling dog-days. But hold! why should I seek to draw pictures enough to damp one even more sanguine than yourself? All that I wish to do is to impress upon you the fact that in the matter of climate, as in other things, there are two sides to the picture, and that in this matter England presents more of the dark than of the bright side. Never mind: if there be all these unpleasantries, as there undoubtedly are, yet to one like yourself, corresponding com-

pensations await you. You can have a comfortable homestead, a cheerful fireside, happy faces, and agreeable indoor occupations, with no absolute necessity for exposing yourself to the inclemencies of the weather; and then, when the pleasant and joyous seasons of spring and summer do come, you can go forth and enjoy to the full, some, at any rate, of those pleasant pictures on which you have dwelt with so much wistful fondness in the land of your exile.

And here let me take occasion to give you a piece of advice—namely, if the matter is left to your own choice, manage your affairs so as to arrive in England in "the spring-time of the year." Late in May or early in June is, without question, the best period, the most enjoyable season, for arriving at home; the rigours of winter are past, and the broiling heat of summer has not commenced, and you have before you the prospect of pleasant, genial weather. We all know, in the ordinary affairs of life, how much depends upon first impressions, and this event in your life will be much influenced thereby. Only those who have experienced it, can form any idea of the pleasure of that first trip, after a long absence in foreign lands,

from Southampton to London, provided that it be taken on a fine, clear, spring day. To an eye accustomed for years to the wild wastes of the jungle, the whole country presents the appearance of one continuous, well-ordered garden. The neatly-trimmed hedges, the evenly-ploughed fields, the ever-varying coloured foliage of the trees, the white-washed cottages, the substantial farm-houses, the lordly mansions, the village church with its "heaven-directed spire," as you pass them in rapid succession, seem almost like a dream; and then the first sight of the primroses, cowslips, and blue-bells, which here and there form banks on either side of you! My dear friend, the pleasure of that one trip, taken under such circumstances, is of itself almost enough to repay you for years of banishment from your native land.

Very different, however, will be your feelings if it should unfortunately happen that you have to take the same journey at an inclement season of the year; a dense fog or mist concealing, beyond the distance of a few yards, the surrounding scenery, whilst the little that does meet the eye is sufficiently gloomy to give rise to a sort of undefined feeling of disappointment, which it may take a considerable

lapse of time thoroughly to eradicate. Of course it is entirely out of the power of any individual to arrange beforehand for fine weather in which to make his *début* on English ground; but take the best step you can for obtaining it, by arriving at home when the seasons may reasonably be expected to be most propitious—namely, late in the spring, or early in the summer months.

There was a story afloat some years since, and I have reason to believe that it is founded on fact, of a Madras officer, who, after spending the greater part of his life on the Coromandel coast, took three years' furlough to revisit the old country. He, together with his wife, arrived at Southampton late in the autumn, when all things wore their gloomiest aspect. By some mismanagement a portion of his baggage had been left at one of the intermediate stations, and he resolved to wait at Southampton till the arrival of the following steamer. It was raining on his arrival, and it continued to rain, more or less, for several days; all was dirty, gloomy, and cheerless; and so depressed were the worthy couple, that by the next steamer after the arrival of the missing luggage, they took their passages and returned to the sunny East!

If it should happen, however, that you are not disappointed with the climate, it is far from improbable that you will be so with the people; not the people generally, perhaps, so much as with your own kith and kin, and with your old tropical acquaintance who have settled at home before you. That master of English fiction, Thackeray, truthful as he is as a depictor of men and things in general, never penned anything more painfully and truthfully correct than the history of poor Colonel Newcome's return and career in England. It touches a chord in the heart of every old Anglo-Indian. Who can fail to sympathize with him at the coldness of his reception amongst those from whom he had every right to expect the warmest welcome?

The thing is easily explicable. You, at a distance in your tropical home, have for weeks and months, perhaps for years, been anticipating with eagerness meeting your old friends and relations once more, forgetting or ignoring the lapse of time. In your imagination they are the same warm-hearted, open-handed creatures they were when you parted with them some twenty or five-and-twenty years before. You, with few worldly cares to engross your atten-

tion, with handsome pay coming in with exemplary regularity, with the prospect of a good pension if you live, and your family provided for in case of your death, can form a very inadequate idea of the wear and tear of life those very friends of yours have had to undergo in the corresponding time at home; providing, it may be, for a large family, maintaining their position in society, and securing the means necessary to defray the expenses of a large and increasing household by professional exertions. If their minds have reverted to you during your long absence, as probably they often have, it has doubtless been with affection, but the feeling has been momentary; other affairs have called off their attention, and you were soon again forgotten in the midst of the hurry and bustle of the world. At length you meet. Your friends are glad to see you once more—really, honestly, sincerely glad for the moment. They reciprocate with honest warmth your kindly greetings; your face, perhaps little altered, calls up pleasant recollections of times long gone by—and there it ends. The lapse of time is soon forgotten, and you fall into your place with fifty others, perhaps, as an old and valued friend, and nothing more. You, on your part,

think and feel deeply, because you are not made more of, more warmly entertained, more hospitably treated; but the truth is, little or no blame is to be attached to your friends: they have hosts of other things to attend to, other friends to welcome, family cares to engage their attention; the fault, if any, rests with yourself, in expecting unreasonably to engross the whole of, instead of occupying a place in, your old friends' attention.

A large part also of the coldness and formality of which old Indians often complain, is not so much due to their friends as individuals, as to the society in which they have been bred, and have spent the greater part of their lives. It, I confess, does jar, and will continue to jar for some time, on your feelings; it is so different from what you have been accustomed to in tropical life, where intercourse, from the force of circumstances, is so much freer, and is characterized by so much cordiality. In many, in the majority, however, I venture to think it is mannerism, and nothing more; there is often a good warm heart within that cold exterior; but, till this be ascertained to be a fact, it must be owned that this coldness of manner does tend to create, on the part of the new comer, what Charles Lamb calls "an imperfect

sympathy." This mannerism, however, we are thankful to say, exists chiefly in a certain class, the fashionable, or would-be fashionable; in others, somewhat lower in the social scale, and in the country gentry generally, there is no lack of genuine cordiality both in manner and in feeling.

Then, again, with regard to those old tropical friends of yours, with whom in sunny lands you have spent so many an agreeable day, and from association with whom at home you had anticipated so much pleasure—you find them altered. It is a common complaint, "There is So-and-so. O yes, I knew him intimately in India; but he is now strangely altered, and not for the better." Perfectly true; he is altered, almost necessarily so, as far as you are concerned; the ties which bound you formerly together, the strongest of which was that you were fellow-countrymen in a sort of honourable exile, have been broken; he has formed other connexions, other friendships; and the cares and anxieties of English society, the difficulty he has had in "holding his own" in a pecuniary and social point of view, have served to widen the breach. You have scarcely anything in common, as you formerly had. Probably, too, he has not the means, however

sincere may be his will, to extend to all his tropical friends—and you are but one out of many—the right hand of hospitality and good fellowship. Too proud perhaps to own this, his reserve is construed to indicate a change of feeling towards you, whereas it may be all the time that his regard for you is the same as ever. In this case, as in the preceding, the fault, if any, lies with you. You have been over-sanguine, expecting too much, and not making due allowance for the changes wrought by time, place, and circumstances. However much you may repudiate the idea now, it is quite within the range of probability, that after you have settled down a few years at home, your juniors, on their return, will think and speak of you in very nearly the same strain that you now think and speak of others.

Great allowances must be made for the differences which exist between colonial and home life. In the former there is, first of all, as just now mentioned, a sort of common tie in being fellow-countrymen in a distant foreign land; there, means are generally more ample, whilst the demands on the purse to keep up a status in society are neither so cogent nor so extensive, as the position of most men,

especially officials of all kinds, is pretty clearly defined. Then the cost of hospitality is less, and the means of accommodation are greater. In this country, hospitality is a very different thing from what it is in India and most of our colonies. It entails not only considerable expense, but inconvenience in most households, and is, in fact, far too costly a pleasure to be indulged in indiscriminately. There is no reason why a friend should not now and then stay with you as formerly; but, unless you are very rich, you must abandon all idea of keeping up the same hospitality which you generously offered to others in India.

Another source of disappointment arises from a feeling, which is more or less experienced by all, but especially by those who have held high and important positions in India and other portions of our colonial empire, of their comparative insignificance as individuals in the busy world of England, and of London in particular. For years, perhaps, in their distant homes, they have been held in high and deserved respect, have exercised a wide and powerful influence, have been leaders in the society in which their lot has been cast, have probably had "Honourable," or some other distinctive title attached

to their names, have had their sayings and doings recorded in the public prints; in fact, they have been, in their respective spheres, great men. They come to London, and find that they are nobodies. Unless distinguished by their writings, or scientific attainments, or some notable deeds, or great wealth, they are speedily lost in the crowd, and are taken less account of than some "bull" or "bear," who, without any single good quality, has succeeded by a lucky hit in realizing a colossal fortune, by the ruin, it may be, of hundreds of helpless widows and orphans.

In addition to the preceding, a cause of self-dissatisfaction—nay, almost of humiliation in some minds — arises from ignorance of the current events of the day; events which you hear boys and girls, scarcely out of their teens, discuss with an ease that you are inclined to envy. You are perfectly ignorant, for example, of the last new opera, and of the singers who take part in it. You have not read Tennyson's last poem, or Wilkie Collins's last novel; you have not seen Landseer's or Stanfield's pictures in the Academy; you have not heard the name, either of the winner of the last Derby, or of the champion of the Thames,

in fact, of these and a thousand other little things which form the topics of ordinary conversation, you know nothing. No blame can, of course, attach itself to you on this account; you cannot be expected to be acquainted with all these little things at first, but still you feel in the background, and are dissatisfied with yourself in consequence. However, you must know these things if you mix in society, and by "mugging up" the newspapers and journals, by visiting exhibitions, and so forth, you will soon be as proficient in them as nine-tenths of the people around you.

Another cause of disappointment with home is due to forgetfulness of the truth, that with advancing years the tastes and habits of early life have undergone corresponding changes, and that those pursuits which were followed with so much eagerness in boyhood and early manhood, are little suited to him whose grey hairs bear testimony to the progress of time. I was particularly struck with this in the case of a civilian whom I met with after his return from a residence in India, a few short years previously. Whilst at school and college he was regarded, according to his own statement, as a crack oarsman; and on his return home I accompanied

him on his first row on the Thames. He was full of eagerness at the prospect, and the zest with which he flung off coat and waistcoat, for it was a broiling summer day, and seized both oars, was most encouraging. After a few minutes' hard rowing against the stream, from Richmond Bridge towards Twickenham, he began to flag, and within ten minutes he was fain to hand over the oars to the boatman who hitherto had acted as steersman, with a strong expletive expressive of his disgust at the change in the river since he was there last! I could not help thinking that if the truth of the matter were known, all the changes were not in the river alone.

LETTER II.

The necessity for occupation at home—Intimate connexion between mind and body—Illustrative anecdote—Ennui from idleness—Occupation to be regulated by habits and tastes—Different kinds of occupation—Farming—Horticulture—Botany—Other natural sciences—Microscope—Hunting and other out-door pursuits—Literature—Old book-shops—Forming collections of articles of vertu—Pleasures of scientific pursuits—Artistic pursuits—Photography—Volunteer corps—Religion—Philanthropy—Danger of mercantile pursuits to the uninitiated—Difficulty of procuring remunerative occupation.

My dear D.,

In my last letter I endeavoured to point out some of the causes which tend to generate a feeling of disappointment in the minds of those who, after a prolonged residence in tropical countries, return to settle in their fatherland. Most, if not all of the causes enumerated are happily of a temporary character, the feelings of disappointment transient, disappearing partially or altogether after the lapse of a few weeks' or months' enjoyment of home comforts and social intercourse; in addition

to which they are very unequally felt, experienced only by some, and that in varying degrees of intensity.

One source of disappointment remains to be noticed, more important and universal than any single cause yet mentioned—perhaps more so than all combined, at the same time that it is of a more lasting and permanent character, extending, it may be, over years, but happily one which, when recognised, is partially or altogether removable; I allude to WANT OF OCCUPATION. To the consideration of this important subject I propose devoting the whole of this letter.

The mind of man is so constituted, as a general rule, that it must have the wherewith to occupy its attention; and, when this is wanting, both the mental and bodily health are morally certain to become deranged in a greater or less degree. Of all means to secure the *mens sana in corpore sano*, occupation holds the most prominent place; its importance indeed cannot be overrated. If nothing else be found to engage the attention, it has almost invariably been observed that an individual will commence, as a last resource, to study himself, not his moral or intellectual nature, with a view to

its elevation and improvement, so much as the state of his bodily health, and he soon succeeds in surrounding himself with a host of fancies; he invests every slight ache and pain, in themselves really of little consequence, with an undue degree of significance, until at last he becomes a confirmed valetudinarian, unfitted for the enjoyment of life, and a burden to others, instead of fulfilling his rightful mission of increasing the cheerfulness, and contributing to the happiness of those around him.

The connexion between the health of body and mind is well illustrated by an anecdote related of an eminent physician of the last century, the late Dr. Matthew Baillie, if I remember rightly. He had under his care a rich, idle, hypochondriac patient (probably an old Indian!). After some months of unsuccessful treatment, the doctor informed his patient that he could do no more for him, and that he did not believe that any one else would be more successful than himself, unless it were Dr. G. of Glasgow, whom he strenuously advised him to consult. Now, in those days, long before railroads were dreamt of, a journey from London to Glasgow involved almost a greater amount of exertion, danger, and inconvenience, than an overland trip to India

does at the present time. Armed with a letter from the doctor, the hypochondriac started on his journey, and at the end of about six weeks he reappeared at the doctor's, bursting with indignation, but with his cheeks glowing with comparative health. "Doctor," exclaimed the irate patient, "what do you mean by sending me all the way to Glasgow, to consult Dr. G., when such a man was never heard of there?" After allowing the patient somewhat to exhaust his indignation, the doctor, with a smiling face, inquired after his health. "Never better in my life," was the reply, "and no thanks to you." "I beg your pardon," replied the doctor, "you are mistaken; you owe it all to me, for I have furnished you with weeks of mental and bodily occupation; and if you continue the use of the same remedy, you will find your complaints radically cured!"

Nothing is more common in mixing in Anglo-Indian society in England, than to hear complaints of having nothing to do, and consequently, of time hanging heavily on hand. This is not so much the case for the first few months of home residence, nor amongst those who only come to England for limited periods, with the prospect of soon returning to the tropics to resume their avoca-

tions; these have plenty to engage their attention, to occupy their time; they have their friends and relations to visit, old scenes of childhood to revisit, sights to see, theatres to attend, and a thousand and one things to look after preparatory to again leaving England. With such, time passes rapidly enough; how rapidly, those only can say who have passed through this far from unhappy phase of existence. The case, however, is far different with him who, after a prolonged residence in the tropics, returns to England as a permanency, who has retired from the avocations of his former life, and settles down to pass the remainder of his days in what he fondly fancies—and has fancied perhaps through a long succession of years—will be a real "*otium cum dignitate.*" To attain this consummation he has laboured year after year, "rising early and late taking rest," saving money and denying himself perhaps many little enjoyments, which he has seen his less careful companions indulge in with a freedom that he has at times been inclined to envy; he has, however, attained his goal; he has returned to his fatherland, perhaps a rich man; he has done all that he purposed in his heart he would do; and now, settled down for good, he finds him-

self morose and unhappy, filled with imaginary ills, sighing after the scenes and employments of tropical life, and often inclined to re-echo the words of the wise man of old, "All is vanity and vexation of spirit."

The main reason of this—for it must be admitted that minor causes, mentioned elsewhere, co-operate in bringing about this undesirable state of things—is the absence of that mental and bodily *occupation* which was pursued more or less assiduously during his former tropical life. There, in addition to regular daily avocations, his mind was occupied with the anticipations of home and all its pleasures, and of realizing the means of future enjoyment. His mind, in fact, in addition to present duties, was occupied by hope, that most desirable of all feelings, when legitimately directed and rightly acted upon.

All this is now past, the former avocations have ceased, the hopes are realized. A vacuum is the consequence, and unless something is soon found to fill that vacuum, discontent and unhappiness ensue, and his bodily health, influenced sympathetically by his mental depression, sooner or later is sure to suffer. The remedy for this state of things is self-evident, OCCUPATION.

With regard to the precise form of occupation, no directions can be laid down which are applicable to all cases. The choice must be regulated by, and adopted in accordance with individual habits, taste, and temperament. This is essential for the success of the proposed remedy. To adopt any pursuit which may first present itself, perhaps an ungenial one, solely with the view and for the purpose of filling up idle hours, will be sure in the long run to prove irksome, and must fail eventually to fulfil the purpose which it was intended to answer. Accidental circumstances also, such as place of residence, health, command of means, early training, &c., must materially influence individuals in the choice of an occupation, and with these provisoes I will briefly pass in review some of those pursuits which a man settling in England, after a residence in tropical lands, may adopt according to circumstances.

From the days when Cincinnatus turned his sword into a ploughshare, FARMING has been the favourite resource of those who have retired into privacy after the active battle of life, and it certainly holds a high place as a healthful, innocent, and engaging occupation; but to render it successful and enjoy-

able, three special qualifications are requisite—first, a practical acquaintance with agriculture in its details; secondly, ample command of means; and thirdly, a mind capable of bearing delays and disappointments with equanimity. Farming, as it is practised at the present day, is a *profession,* and no one should any more think of undertaking it, or at any rate flatter himself that he shall prove successful in it, without special training, without an apprenticeship in fact, than he should of adopting the profession of a lawyer or physician. Again, ample means are requisite, as carrying out farming operations to any extent is very costly, and the outlay does not speedily bring in adequate or substantial returns. An equable frame of mind is no less necessary, as disappointments, even under the most favourable circumstances, *will* occur: the seasons will sometimes be unpropitious, the most promising crops will occasionally fail, rot may attack the best tended flock of sheep, and "rinderpest" or other plague may carry off your herds. To meet these, and the thousand and one other misadventures incidental to agricultural and farming operations, need it be repeated that a mind capable of bearing disappointment with equanimity

is essential? Many a man retiring from active life, captivated with the idea of becoming a "gentleman farmer," has been led by sad experience to pronounce the avocation a snare and a delusion.

Far different is the estimate I have formed of HORTICULTURE, not simply gardening in the ordinary acceptation of the term, but the cultivation of a garden on scientific principles, with a due regard to good taste. Thus conducted, horticulture may be said to possess all the pleasures of agriculture, without many of its drawbacks and responsibilities. The personal supervision (and that is all-important) of a well ordered garden of a quarter or half an acre in extent, is amply sufficient to occupy the mind agreeably and profitably; and, if conducted properly, it entails at the same time an amount of out-door exercise, which has a most beneficial influence on the general health. It would be far beyond my limits to enter into all the details and pleasures of horticulture; but two hints may be given before leaving the subject, which will tend materially to heighten the pleasure of the occupation. First, make one class of plants your specialty —say roses, or verbenas, or fuchsias—it signifies little what; but establish a speciality, devote your

principal attention to it, and strive to gain eminence in it. Secondly, establish a good greenhouse or hothouse, where you may raise exotics, procuring seeds and plants from the old friends you have left behind you in tropical regions; a double interest will thus be created, and a bond established between the past and the present, the far and the near, which cannot well fail doubly to increase the pleasure you would otherwise have. A hothouse is a great resource in the winter months, when operations in the open garden are necessarily very limited.

Intimately associated with the pursuit of Horticulture is the study of BOTANY, for however interesting horticulture may be in itself, it will be readily comprehended how greatly its charms must be enhanced by a knowledge of the structure and classification of the plants on which so much attention is being bestowed. Botany is indeed one of the most engaging and delightful pursuits, serving alike to call into exercise all the mental powers, and to conduce at the same time to bodily health by the out-door exercise which it necessarily entails. Unless some amount of botanical knowledge has been previously acquired, it is, of course, hardly to

be expected that an individual, returning to his native country after a prolonged residence in tropical climes, should take up botany as a study, master all its details, and attain any high proficiency in it. This is not only hardly to be expected, nor indeed is it necessary for the enjoyment of botany in the limited and restricted sense which is here intended. With Lindley's "School Botany" and his "Introduction to Botany," or some other elementary work on the subject, and with the aid of a good lens or small microscope, the beginner may soon make himself master of the most common botanical terms, together with an outline of the structure of the various parts of a plant, and as he progresses he will learn in time, from the combined study of the living plant and the characters laid down in books, to distinguish the features of the great botanical families and orders. And with this knowledge in possession, he will regard the flowers of his garden and of his neighbourhood, with a degree of pleasurable interest to which he had previously been a stranger. The formation of a *Hortus siccus* follows almost as a natural consequence, and then spots or tracts of country, hitherto regarded as barren and uninterest-

ing, will become invested with an attraction before unknown. The processes of collecting, drying, arranging, setting up, and naming the collected specimens, will afford occupation enough for the most active mind. Many a long hour, which otherwise would hang heavily on hand, will then be found to pass rapidly, pleasantly, and profitably.

It may be objected that botany, even in the restricted sense in which the term is here used, embraces too wide a field, and requires too general and comprehensive a knowledge of plants to be easily or pleasantly acquired. Where this is felt to be the case, a good plan is to confine the attention to one of the large natural families or groups. Take ferns, or grasses, or mosses, or, if on the sea-coast, sea-weeds, obtain some elementary works, together with a few of the best illustrated monographs on the subject (a few pounds in this way is money well invested), and set to work in earnest. The pleasure and occupation afforded will amply repay all the trouble and study which may, in the first instance, have been required to master the necessary details.

With some slight modifications, the preceding remarks apply equally to ENTOMOLOGY, CONCHOLOGY,

and GEOLOGY, all and each in its way delightful studies, and each possessing the great advantage of allowing, or rather of necessitating, the combined action of the mental faculties with more or less bodily exercise in the open air. My limits will not permit me to enter into their respective merits, nor indeed is such a proceeding at all necessary; the choice in each case must depend entirely upon pre-existing tastes and inclination. In each case, however, when the science is deemed too wide to be studied in its totality, I repeat the piece of advice given with respect to botany—take some one group or portion for your particular study; thus, for example, in entomology, take the Beetle tribe (*Coleoptera*) or Butterflies (*Lepidoptera*); in conchology, fresh-water shells; and in geology, that particular stratum (if it be a fossiliferous one) that happens to be nearest or most accessible to you. In each case you can extend your range of observation and operation should you feel so inclined.

In the study of all these natural sciences, a small working microscope is almost indispensable, and the gratification which you will derive from its employment in examining the minutiæ of nature, even those which do not come immediately

within the range of your department of study, will be a surprise and pleasure to you. To a mind not even scientifically disposed, the MICROSCOPE properly worked may be made a source of constant and ever-varying interest, amusement, and instruction.

HUNTING, SHOOTING, FISHING, and BOATING, are much more congenial pursuits to many dispositions than the Natural Sciences of which I have just been speaking, and it must be confessed that, when confined within proper limits, they are both healthful and pleasurable, but they deserve to rank rather amongst amusements than occupations. For the most part, they have the great disadvantage of their enjoyment being limited to certain seasons and circumstances, whereas botany, geology, conchology, and entomology furnish occupation all the year round; the collections made during the finer portions of the year affording pleasurable occupation, in the way of arrangement, setting up, &c., during inclement seasons, and those long winter evenings which, to people unaccustomed to them, often prove so irksome.

If your taste incline to LITERATURE, you never need lack abundance of occupation. If affected with

the *cacoëthes scribendi*, and you feel desirous of rushing into print, so much the better. The magazines, whose name is legion, afford you a ready safety-valve through which you may bring your effusions before a "generous and discerning public," and this may be effected without entailing upon you any pecuniary risk or expense beyond the cost of pen, ink, and paper. If you possess original talent of any kind, or if you have anything worth saying (and surely a man of observation, who has spent years in a foreign land, must have stores of information which may prove interesting and novel to others), it may be that your literary pursuits may be turned to profitable account. Publishing a book is a very different thing; if you can get a publisher who will undertake to bring it out at his own risk and cost, all's well, but hesitate long and carefully before you undertake to publish on your own account. The expenses are great, and the chances of reimbursement very problematical.

It may, however, be very possible that with strong literary tastes you have no desire to appear in the character of an author. It makes little difference. You need never be in want of pleasurable and genial occupation. To you, and such as you

London is, *par excellence*, the place of places. What noble libraries at command! Why, the Reading Room of the British Museum, open to all free of cost, is a place where a man like you might spend a "year of Sundays" without a single feeling of ennui. Fancy (and may the fancy soon be a reality) being comfortably seated in one of the most magnificent rooms in the world, with the power, by simply writing a name on a piece of paper, of being supplied with any book that your wildest imagination can fix upon; the costliest and the rarest books are there awaiting your call. But, besides this grand national collection, there are numerous other splendid libraries in every department of literature, either open gratis on presenting a letter of introduction, or available by the payment of a small annual subscription, and hard indeed to be pleased must that man be, who, amongst such treasures, should fail to extract pleasure and occupation enough for his mind, however active.

But above and beyond these, are those delightful old second-hand book shops; I speak not here of Nattali and Bond, or Willis and Sotheran, or Quaritch, or Bohn, and other grand book emporiums, but of little dirty (alas! how dirty some

of them are!) book-stalls situated in out-of-the-way corners, with, perhaps, a bin of old volumes at one side of the door labelled, "All these twopence each!" Don't despise them, my friend, because they are small shabby places: many a treasure may be hidden there, if you only know where and how to light upon it, and many a pleasurable hour may be spent in turning over the books on the overcrowded dusty shelves, if you do not mind soiling your delicate fingers! For the same sum that you would pay for a stall at the opera, you may not only secure present enjoyment, but may invest your money in the purchase of curious and even rare volumes, which will serve to amuse and interest you when at home, especially during long wearisome winter evenings; and when you have done with them, you have the feeling (which is always a satisfaction) that you have your money's worth still by you. I once met with a man who had made a really valuable collection of Elzevirs, picked up, some for a few pence, the most expensive at the cost of a few shillings, at old book-stalls in various parts of London.

This leads me to say a few words regarding another form of occupation much in vogue at

the present day, namely, THE FORMATION OF COLLECTIONS OF VARIOUS ARTICLES OF VERTU AND OTHER OBJECTS OF INTEREST. In London, as being the largest emporium of goods of every description in England, the occupation is followed by thousands of individuals, and the objects of collection are of a most varied and miscellaneous description, paintings, engravings, antiquities, coins, gems, musical instruments, stamps, natural curiosities, old china, *cum multis aliis.* As a member of the print-collecting craft, I could dilate at length on the attractions of this form of occupation. Suffice it to say, that from the pleasure I have derived from it, from the agreeable manner in which it has often filled up what would otherwise have been a wearisome hour, as well as from the enjoyment I have seen it afford to others similarly engaged, I venture strongly to recommend some pursuit of the kind to those in search of an agreeable, and, in the early stages at any rate, not very costly occupation. In the course of my explorations in many of the old print shops of London, I have fallen in with many persons engaged in pursuits analogous to my own, some devoted to topographical prints serving to illustrate a particular locality; others, to prints relating to

some favourite epoch of history; others to old engraved frontispieces; others, again, devote their search to the works of one particular artist or engraver. One of the most ardent collectors I met with was a retired Indian Colonel, who was collecting engravings of Sir Joshua Reynolds' pictures, and many is the man who is endeavouring to amass a perfect set of George Cruikshank's admirable etchings. One man I met with years since, who collected only prints in which there was the representation of a cat! and another who valued not a print, however beautiful, unless it had a skull in it! The last two I regard as very debased specimens of their class, and if you should feel in any degree inclined to take up the occupation of collecting prints, in any department, I would urge you to do so in an intelligent spirit, and not for the mere love of collecting. With some specific object in view, study your subject in all its ramifications, by the aid of books and the researches of others, and thus you will succeed in establishing an occupation which will afford ample exercise for mind and body. For a considerable amount of bodily exertion is requisite to traverse the miles of streets between old print shops, which are widely distributed through-

out the great metropolis, and as you walk with an *object*, the journey will seem shorter, and the beneficial effect of the exercise will be greater than it otherwise would have been.

With one more observation I will close this subject, which you may, perhaps, consider has been extended to an undue length. The money expended on your collection (always supposing that your specimens are selected with judgment, and purchased at a moderate cost) is far from being flung away. Single prints purchased here and there, often at very low prices, acquire increased value as they become amassed together, forming more or less complete series, and if the provisoes with regard to purchase, just mentioned, have been observed, it is more than probable that if you have occasion to part with your collection, it will realize more than you have actually expended upon it. In the meantime it will have afforded you a pleasurable occupation.

These remarks have reference especially to prints, but they are applicable, with some modification, to collections of all kinds.

SCIENTIFIC PURSUITS, to those whose inclinations and tastes tend thitherward, afford ample scope for

occupation and enjoyment. For such, as in the case of literary men, London offers manifold and great advantages over the country as a place of residence. Not only are the men most eminent in their respective departments to be met with there, but there are in addition libraries, institutions, museums, &c. Societies are established for the promotion of every branch of science, and an accession to the ranks of the members and fellows is always welcome. It is a great advantage, to say nothing of the pleasure, to associate with men whose tastes and habits correspond with your own; and should your lot be cast in London or elsewhere, where institutions exist for the promotion of any branch of science which you have made your study, you cannot do better, even at some sacrifice, than join them, receiving it may be much information and assistance from those more deeply versed than yourself, whilst you, in your turn, may be able to communicate much that is interesting or novel to others, and thus promote the extension of knowledge in the world.

The same with ARTISTIC PURSUITS: to those who have taste and talent for them, there is no need for me to speak of occupation. They have

that within themselves which, if properly exercised, will prevent their knowing what an irksome or wearisome hour is. I would, however, venture to repeat to them the piece of advice just offered to men of science: if societies or institutions for the encouragement or promotion of art, such as etching clubs, exist in the neighbourhood, they will do well to join them. Association with others, in these as in scientific pursuits, is a mutual advantage.

Artists generally, I believe, repudiate PHOTOGRAPHY as belonging to their profession, and ridicule the pretensions of the so-called photographic artists. Still, in this place, I cannot refrain from calling attention to photography as an occupation which many a man, not otherwise artistically disposed, may follow with very great advantage. It has been adopted by many a retired military and civil officer, who has found in it a constant source of enjoyment, and by practice has become a proficient in it.

The VOLUNTEER CORPS, which have sprung up of late years over the whole of the kingdom, offer a form of occupation which has peculiar charms for some whose lives have been spent in the dull routine of a merchant's office or a civilian's life.

A military man, if he retain any love of, or an interest in, his profession after retirement from active service, might join one of these with advantage to himself, as well as to those with whom he would be associated. It is, however, an occupation which comparatively few whose lives have been spent in the tropics, would be qualified by *physique* to undertake.

Lastly, let me say a few words to those whose convictions and habits of thought prompt to works of RELIGION and PHILANTHROPY. It is not intended for one single moment to imply that any of the numerous occupations already mentioned, are in any degree incompatible with the exercise, both of religion and of philanthropy; so far from this, I firmly believe that every one of them may not only be associated with, but may be elevated and sanctified by, obedience to these loftier principles. But there is a class of men—would that they were more numerous!—who regard the promotion of the welfare of their fellow creatures, and the advancement of the cause of God in the world, as the chief aim and end of existence, paying comparatively little attention to the gratification of self, and the pleasures and cares of this world. To such I now

address myself. Men who in their former tropical homes have held these views, and, moreover, carried them into practice, will find ample scope for useful employment in England. Such men, leaving out of consideration the inner sustaining principles, will never be in want of occupation, useful, pleasurable occupation; idleness to them will be an abnormal state. No place, from the Orkneys to the Land's End, but will afford them opportunities for putting their principles into practice; but London, of all places, presents the widest field for their operations. The gross ignorance, the poverty, the vice, the irreligion, which pervade vast masses in this great city, are almost incredible to one whose knowledge of London is limited to the West End and leading thoroughfares. Comparatively little can be done single-handed to meet such a state of things; but happily there exist in almost every part of the metropolis, associations for the promotion of the temporal and spiritual welfare of the London poor, composed of men of high religious and philanthropic principles, who will only be too happy to hold out the right hand of fellowship to any recruit who may be desirous of joining their ranks. The Lay Agency of the Bishop of London's

Fund, the City Missions, the Scripture Readers' Association, the Ragged Schools, and a thousand similar institutions, are in want of earnest-minded, religious co-operators, and if your health and other circumstances permit, go and join yourself to those excellent men already enlisted in the good cause, and what more can I say than "God speed you in your wise and benevolent undertaking!"

It may perhaps be observed, that in the preceding list of proposed occupations, no mention has been made of COMMERCIAL or MERCANTILE PURSUITS. They have been purposely omitted, for fear that, by any chance, from their mention amongst other suggested occupations, it might be inferred that I recommended them for adoption. Those who from early youth have followed commercial pursuits, and who have been engaged in them in the tropics, may find on their return home that it is to their interest to continue in them, indeed in many instances circumstances may oblige them to do so. The case is far different with civil and military officers, who are often tempted, on retiring from active life, to connect themselves with commercial or mercantile speculations, partly as a means of occupation, and

partly, in some instances, with the view of emolument. I would earnestly dissuade you, and such as you, from adopting such an occupation, however brilliant may be the prospect held out to you. It is a course most destructive to present peace of mind, and one most probably perilous to your worldly interests. You may flatter yourself that, with your supposed aptitude for business, you will escape the shoals and quicksands on which others have been wrecked. Do not deceive yourself; depend upon it you are no match for those unscrupulous "bulls" and "bears," those professional speculators, whose business it is to lay traps for the unwary, and who thrive upon their ruin. The probability is that your answer to any such remonstrance will be, as thousands have said before you, each with regard to some plausibly drawn-up scheme, "Oh! this is no speculation, it is a reality—such good and respectable names on the direction—though the returns will be large, it is as safe as the Bank of England; besides, I am to be a Director, and shall know all that is going on—shall be able to get out of it at any time—it is only a Limited Liability Company," and so forth. My dear friend, I say again, do not deceive yourself; you are only

a cat's-paw in the hands of others, and if you have any consideration for the welfare of yourself and those near and dear to you, I would urge you to have nothing to do with it. I am perhaps the more warm on this subject, knowing the ruin which of late has befallen so many unwary investors. During the late panic how many men, situated as you are, quite as acute, quite as confident, have lost their all in the bubble schemes of the day? Sooner would I see you reduced to the sad condition of the man mentioned in a former part of this letter, who devoted his time to collecting pictures of cats, than I would see you seeking for occupation and wealth amongst the Limited Liability Companies of the present day! In the former course, your life would pass peacefully and contentedly, if not happily or usefully; in the latter, anxious days, sleepless nights, and fears for the future would tend to embitter existence.

At the risk of wearying you with this already too long epistle, I cannot conclude what I have been saying about occupation at home, without referring to Captain C——, who you told me in a former letter, being disgusted with India, has resolved to "chuck up the service" when he is entitled to his captain's

pension, and to try to get something to do in Old England. Tell him from me that he had much better do nothing of the kind, and that if he is wise, he will "rather bear the ills he has than fly to others that he knows not of." I do not know how it is, but it is a fact that "old Indians," however highly we think of ourselves, are not appreciated sufficiently by the people at home, to induce them to hand over to us many of the "loaves and fishes." You may find abundant occupation, as I have been endeavouring in this letter to show you; but a paying occupation, remunerative employment, it is almost impossible to get. The experiment has been tried over and over again, and nine times out of ten, if not ninety-nine times out of a hundred, the result has been the same—failure. For every appointment, however poor the pay or disagreeable the duty, there are applications without end; and unless you have special means of learning, almost before the post is vacant, that it is likely to become so, the probability is that it will be filled up before your application goes in. Our mutual friend P—— tried as hard as man could try for something in England; but, notwithstanding the highest testimonials and the most influential friends, he

failed, and has since returned to India. If C—— doubt this, let him take twenty months furlough, and try for himself; but tell him on no account (if he can help it) to resign the service, without a preliminary trial in person, of his chance of getting employment at home.

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LETTER III.

Choice of place of residence—Danger of too hasty a decision—Settling down—Town and country life—Reputed cheapness of country living—Real cause of difference—Temptation to expenditure not unknown in the country—Gossip—Privacy of London—Asia Minor—Advantages of London life—Society—East Indian Colonies.

MY DEAR D.,

No question will perhaps more frequently or more anxiously engage your attention after your return home, than where you shall settle down; and perhaps there is no question which requires more deliberate consideration, nor one which can better wait before receiving a definite answer. There is an old adage, "Never put off till to-morrow what you can do to-day;" but, though generally applicable in the routine of daily life, I hold it would be unwise to act upon it in the present instance. Do not decide in haste, or, to quote another old proverb, you may have occasion to repent at leisure. Look well about you before taking any decisive

step in the matter. Many a spot which to your uninitiated eye may appear possessed of manifold and great advantages, will on closer examination prove not to be nearly so eligible as you, in the first blush of English experience, flattered yourself that it was. No man, it appears to me, is in a position to form a correct judgment in the matter, or to make a judicious choice, until after the lapse of at least a year from his arrival at home. In the meantime, go into lodgings, or take a furnished house for a limited period, or travel about, so as to extend your sphere of observation, or let some other temporary measure suffice for the first few months of your English life.

You may perhaps ask what I mean by "settling down." By this expression I mean becoming by purchase, or by lease, the possessor of an unfurnished tenement, stocking it with furniture, having servants of your own, becoming "a rate and tax-paying animal," in fact, a householder in the ordinary acceptation of the term.

Circumstances will, of course, exercise a great influence in determining you in the choice of a residence. Some people having sons to educate, and no great command of means, settle down

in the neighbourhood of Rugby, Harrow, Shrewsbury, or Bedford, or some of the other public schools, where the best education can be secured at very small cost by those residing on the spot; others, urged by relatives or by their own kindly sentiments, settle down in some out-of-the-way spot rendered dear to them by early association; others, whose means are small, actuated by motives of economy, take up their abode in some quiet country village where the necessaries of life are cheap; others, with larger means, influenced by social habits and tastes, prefer joining one of those little communities of old Indians and Colonists which are found at Cheltenham, Bath, Leamington, &c.; others, influenced by consideration for the health of their families or themselves, select Torquay, or Hastings, or Buxton, or some other reputed sanitarium; whilst others, whose interests, habits, and tastes continue interwoven with the great world, settle down in London or its suburbs. Against considerations such as these, I have nothing to say; it is natural and proper that they should be allowed to turn the balance in determining your whereabouts. But in each and every one of these cases, I would urge the im-

portance of a judicious delay in fixing upon a residence. Stay one whole round of seasons, then, in lodgings or in a furnished house, before establishing yourself as a householder; see that the place agrees with you and yours, for what advantage would any of the above considerations be without the enjoyment of good health? Due circumspection in this matter offers another advantage; if you wait patiently, and look about you for some little time, it is extremely probable that you will succeed in securing a house at a cheaper rate, and better suited for you in every respect, than the one or two which may happen to be available when you first visit the place.

The relative merits of town and country life have been the theme of many a writer from the time of Virgil to the present day. The purity of country air, the healthful character of out-door pursuits and occupations, the innocence of country amusements, the simple tastes of country people, the unadulterated nature of country provisions, have been enlarged upon over and over again, and I do not purpose in this place re-agitating the question, or denying the allegations put forth. Some men's minds, as well as their bodily frames, are so constituted

that country life is the only form of existence which suits them, but I feel that I am fully warranted in asserting, as a general rule, that persons, the greater portion of whose lives has been spent in tropical climates, and who have there acquired that geniality and sociability so characteristic of tropical life, are, on their return home, very ill adapted for settling down into the dull routine of English country life where, as a lady expressed herself to me the other day, the great event of the week was a knock at the front door! This is a state of things which, as far as my experience goes, very few persons who have enjoyed for years the pleasures of tropical society, would find bearable, unless peculiarly constituted, or possessed of great resources within themselves.

Much has been said in favour of country life, on the score of its comparative cheapness. This plea is unfortunately of less force now than it was in former times. With railroads now ramifying throughout the length and breadth of the land, intersecting each other in every direction like network, the necessaries of life, formerly so cheap in remote districts, such as Wales, Devonshire, &c., have risen very nearly to London prices. Those

articles which were so cheap, for the simple reason that the supply exceeded the local demand, are now transported in a few hours, at a very small cost, to London and other large towns, where the demand seems to be almost unlimited. Hence, there is at the present day an equalization of prices in town and country, unknown before railways became so universal. Rent, as a general rule, is much lower in the country than in towns, but if you should happen to settle down more than a couple of miles or so from a town or railway station, a pony-carriage or other conveyance becomes indispensable, and by this means the saving effected in the matter of rent is more than counterbalanced.

The main cause of the cheapness of country life consists in the absence of temptation to spend money. It is not so much the rent and necessaries of life which render London or town life expensive, as the thousand and one things which on every side tempt you to extravagance. Only restrict yourself to the necessaries of life; instead of going here and there in cabs and omnibuses, use your feet and walk; wear shilling cotton gloves, as you would do in the country, instead of investing in "Paris kids" at three times that price, in order that you may be

comme il faut when you go to the Park; do not indulge in theatres or exhibitions; in fact, limit yourself in the same manner that you are compelled to do by the force of circumstances in the country, and my firm impression is that no very great amount of difference will be found to exist between the two.

From what has now been said, it appears that the country is cheaper (and as an abstract fact there is no doubt but that it is so), simply because temptations to squander money are fewer there than they are in towns. And this I am prepared to admit is no small recommendation to the majority of those who have returned from Indian or colonial life. In India, and in all the colonies of which I have had any personal experience, an open-handedness (thoughtless extravagance it would doubtless be called by the cynically disposed) is prevalent which at home is almost unknown. Money is little thought of, as pay comes in so regularly, month after month; few tastes or whims are long left ungratified; few men, indeed, debar themselves from anything, simply on the score of expense. The temptations to spend money are perhaps few, but they, for the most part, are yielded to with scarcely

a show of resistance—the true value of money may be said to be hardly known; hence, when persons habituated to this style of thing arrive in London, or other large town, they find it a task alike difficult and unpalatable, to commence a system of self-denial and retrenchment to which they have hitherto been strangers, and they are apt to be discontented, and to grumble at being unable to go on as they have been accustomed to do. To such, the country, as presenting fewer temptations to spend money, may have, and doubtless has, superior advantages. It may, however, be remarked, that the feeling above alluded to is only temporary, and as time goes on, with a little self-control exercised at first, the temptation loses much of its force, or ceases to be a temptation at all.

There is, however, a temptation incidental to country life which must not be passed over unnoticed, especially as it is one which is too often yielded to, even by those whose experience in the ways of the world should have taught them to know better. I allude to aiming to be on an equality in the way of establishment, equipage, &c., with the neighbouring gentry, under the false im-

pression that unless you do so you will lose caste. A General officer, for example, with a family, drawing an income of a thousand a year or so, settles down in some remote district or country village. In addition to the ordinary society of the place, his rank entitling him to consideration, he is called upon by the neighbouring gentry, the landed aristocracy, the "county people," men with incomes varying, it may be, from five to twenty thousand a year. He is invited to their dinner parties, and other entertainments, which he, in his turn, feels bound to return in kind, and he is thus almost insensibly led into a style of living far beyond his means, and debt, with its disastrous consequences, becomes almost inevitable. If, on the other hand, feeling the inadequacy of his means, he has the moral courage, which few, alas! possess, to decline the overtures of the county families, he falls into a second-rate grade, which, to a man who has held a prominent position in society throughout his tropical career, is anything but an enviable or desirable state of things. It is, however, I believe, a generally admitted fact, that a greater degree of pleasant social intercourse is to be found in the country in that class who do not

aim at being ranked amongst the county families and landed or titled aristocracy of the place.

There is one drawback to country life which cannot be passed over in silence; it is the strong tendency pervading almost all classes to indulge in gossip; having nothing else to occupy their attention, they must needs employ themselves in discussing the affairs of their neighbours. In colonial life, especially in the small "up country" stations of India, we all of us pretty well know to what an extent this evil practice prevails; how much the peace and happiness of families and individuals are disturbed by it, as well as what a debasing influence it exercises on those who indulge in it. It is one of those things which perhaps you may flatter yourself you will escape on your return home; but you will find the disease endemic, and even in a more intense form, in small English towns and villages. Everything you say or do, and everything you don't say and don't do, everything you eat, and drink, and wear, is known, and canvassed with an earnestness worthy a better cause. Gossip is, so to speak, a malarious poison generated by accumulated idleness, and fortunate and peculiarly constituted must that man be who,

residing in a small community, either in England or in the most distant colonies, at some point of his career, has not felt its pernicious influence.

From this evil London life, to which we will now turn our attention, is in a great measure happily exempt. In certain small coteries, composed of persons who may emphatically be termed "idlers," it is not unknown; but the great majority, indeed the mass of the people, are far too deeply engrossed in their own concerns, have too weighty personal or public matters to attend to, to allow of their spending their time in tittle-tattle about the affairs of private individuals, unless, indeed, it be in connexion with some great scandal or crime, which in a startling manner arrests public attention, and then the newspapers may be said almost to pander to the public thirst for particulars regarding the unfortunate or guilty individual's tastes, habits, and antecedents.

One of the most remarkable features of London life, is the utter ignorance of the affairs of one's neighbour. As an example of this I may mention that for upwards of two years I have been living next door to a family, regarding which the only particulars I am acquainted with are their names, learnt

from consulting a directory, and that there is a large family of children. I do not even know the master and mistress of the house by sight; I am as ignorant of their affairs as of their persons; and I have every reason to believe that they are equally ignorant of me. If privacy be your desire, there is no place in the world, not even excluding the great desert of Sahara, where you may enjoy more complete solitude than in this mighty metropolis, with its two millions and a half of inhabitants! But to my taste and feeling, the solitude of the jungle or desert is infinitely preferable to such a solitude as this; it is like starving in the midst of plenty.

This feeling of solitude, of isolation, must be more or less felt by all on their return home, after a long residence in tropical lands. For my own part, I remember experiencing it most acutely during my first two or three visits to the Crystal Palace on fête days, where, amidst twenty or thirty thousand well-dressed men and women, I met not a single individual with whom to exchange a glance of recognition or a shake of the hand. It was most depressing, but it is only what you must

expect, till you have widened your circle of acquaintance.

I noticed in my last letter some of the influences which induce persons returned from the tropics to settle in London; I will not tire you by recapitulation, but it is worthy of remark that, whether incited thereto by instinct or a principle of self-defence, they for the most part fix their tents in close proximity to each other. The wealthier generally affect Tyburnia, as it is called, whilst those of more restricted means go a little further west, and are content with Bayswater or its vicinity. Statistics are wanting to prove it; but I feel assured that there are more old Indians within three miles of Hyde Park Corner in a north-westerly direction, than would be found in the whole of the rest of London put together; the district is indeed often nicknamed Asia Minor! A better site could not have been selected; considerable elevation compared with the rest of London, the soil generally gravelly, the houses of modern construction, the drainage good, the streets open and airy, well supplied shops, few back slums, and rates and taxes moderate. And there is the great additional advan-

tage of agreeable society, characterized mostly by that freedom and genial warmth which, though little in accordance with purely English tastes, is most refreshing to those whose knowledge of society has mostly been confined to tropical life.

The expense of living in London forms one of its greatest drawbacks; but as I have endeavoured to show just now, this should be regarded rather as an incidental than an essential element, depending much on the individual. You *may* live in London as cheaply, or nearly so, as in the country; but to do so requires an amount of self-denial which many persons imbued with tropical habits are incapable of exercising; and such, with limited incomes, will enjoy more substantial happiness in the country, where the temptations to be resisted are fewer and less urgent. For those, on the other hand, who combine ample means with strongly marked social, literary, or scientific predilections, there is no place of residence like London, for I hold it as an axiom that to enjoy London thoroughly you must be in a position, as far as money is concerned, to do as others, your compeers in society, do. Unless you can do this—without exceeding your means and thereby incurring debt—do not think of settling

down in London. To bachelors, and to many married men also, but especially to the former, the clubs form a special recommendation to London—by the combination of means, a host of luxuries and comforts are secured at a small cost, which would otherwise be only procurable by individuals by an outlay of thousands. Of course, the Oriental and the East India United Service Clubs are those most affected by Anglo-Indians.

Man is essentially a gregarious animal, and there is a strong craving in every heart, especially in the warm tropical heart, for social and friendly intercourse. Now, as society in London is constituted, this is exactly the consummation the most difficult of attainment, unless by the combined influence of good introductions, and high personal character and qualifications; and even when attained, it will be found cold, formal, and cheerless according to our tropical ideas. The large formal dinner-parties, where, in accordance with custom, people are not introduced to one another, or the over-crowded saloons at evening parties or dances, where nine-tenths of the people are strangers to each other, seem to be poor substitutes for the corresponding social gatherings to which we have been

accustomed in our tropical homes. It is a feeling of this kind, a desire to enjoy social intercourse, without the cold formalities and restraints of purely English society, that in a great measure has led to the formation of those communities of East and West Indians to be found at Cheltenham, Leamington, and elsewhere. I say in a great measure, as other causes appear to me to have co-operated in bringing about their formation. I shall only notice two of these.

The first I conceive to be a feeling of pride which prevents men from aiming to mix in a society, the members of which, being richer, can afford to live in greater state and luxury than themselves. Poverty is a comparative term, and there can be no doubt that, for the most part, "old Indians" of the present day, in comparison with the upper ten thousand of English society, are a poor class. How few of them muster a thousand a year, how many of them have not half this sum, and yet many of these are entitled by family and rank to mix with the best society in England! When brought in immediate contact with the richer class, they feel their poverty, and this leads them to enter into a common cause, and they

form these small communities, colonies you may almost call them, where something like an equality of means exists amongst the members.

The second cause will be found, I think, in the members having travelled the same road of life, and having undergone the same experience. Though they may never have met before, they have topics of conversation which have special interest to each; they have resided, perhaps at different periods, in the same localities; they have hosts of mutual acquaintances; they all know "Lieutenant Tree-gooze and Sir Carnaby Jenks, of the Blues;" they have probably been old servants of *the* Company—that grand old East India Company, so justly sur-named the Honourable, whose demise they agree in regarding as the greatest misfortune that could have happened for the interests of all concerned; they have probably common amalgamation griev-ances to discuss, and they understand each other's language; they require no aid from a dictionary to understand the meaning of "*Durzee*" or *Ghora-wallah*, and they do not want an explanation if you should happen to speak of a *pucka* house! In fact, their past lives and present ideas cannot do other-wise than form a strong bond of union.

I have little or no experience of these communities, excepting such as exist in the neighbourhood of London; but for those who desire the pleasures, nay even the gaieties of life, but whose incomes are not sufficient to enjoy them elsewhere, Cheltenham, or Leamington, or Bath appears to offer special attraction.

LETTER IV.

Climatology of England—"The English climate" by no means uniform—Effects of atmospherical conditions on persons recently arrived from the tropics—Cold—Cold and damp—Moist heat—Exposure to solar rays—Necessity for consulting the previous state of health when choosing a locality for residence—Effects of the change of climate on persons returning from the tropics—Sir Ranald Martin on the resulting changes in the skin and internal organs—Suddenness of transition—Some advantages of a voyage by the Cape—Tropical diseases for which the English climate is sought—Climates suited to Nervous Debility—Periodical fevers—Affections of the liver—Dysentery—Dyspepsia—Chronic Rheumatism—London as a health residence—North Wales—One's "native air."

MY DEAR D.,

Thus far have we been speaking of England in a social point of view alone; but there is another and even a more important phase in which it remains to be considered, that is, the climatological!

Most old residents in the tropics, both in the Eastern and the Western hemispheres, speak of and regard England as if it had only *one* climate, *the English climate*—the grand panacea for all the ills

of tropical life. This is one of those vulgar errors which Sir Thomas Brown, had he lived in the present day, would have delighted to expose. It does not require any very lengthened residence at home to dissipate such a belief, and to demonstrate that the climate, in various parts of our island, presents very manifest differences: few countries, indeed, within the same compass, setting aside the influence of elevation of site, present greater differences in this way than are to be found between the South of Devon and the Highlands of Scotland. There can be little doubt that neglect or ignorance of this, is one of the causes of the prolonged convalescence and despondency experienced by invalids from the tropics, the deferred hope of obtaining health rendering the heart sick.

Before proceeding further, it may be advisable to say a few words on the effects generally observed on Europeans recently returned from the tropics, of different states of the atmosphere: it may serve to place in a clearer light the effects of the various climates of England on the same class of individuals.

On those whose term of residence in the tropics has been very limited, say from three to ten years, and

who have returned to England in good health, and with unimpaired constitutions, the influence of cold is not felt in any injurious manner; so far from that, its immediate and manifest effect is that of an exhilarant. It is to this class of men generally, that the remark is often made, "It is extraordinary how well you Indians bear cold!" But to insure this desirable effect, it is essential that it should be a clear, dry cold, such as is experienced on a fine, frosty, winter day. Men of twice, or even three times the above length of residence in the tropics, unless suffering from disease, bear this kind of cold nearly as well as their juniors; but subject either of these classes, especially the former, to the combined action of a low temperature and damp, and it will readily be manifest that their powers of resistance to cold thus combined, at any rate, are small indeed. A state of the atmosphere which proves even still more unbearable is that of moist heat, such as is experienced in the sultry, sunless days of an English summer or autumn. Under the action of the former (cold and damp) the cutaneous and circulatory systems principally suffer, whilst under the latter (heat and moisture) the influence is chiefly manifested on the nervous system. It induces a depression, I might

almost say a prostration, of vital and nervous energy, far exceeding anything that is ordinarily observed in those whose lives have been spent in the temperate zone. I have seen men who have passed long years in the hottest parts of the tropics, thoroughly prostrated by the sultry, suffocating heat of an English summer day.

The only other point I shall notice, is not a little remarkable—namely, that persons long resident in the tropics, manifest on their return to England an extraordinary intolerance of solar heat, so much so, that they are incapable of bearing exposure, even for a short time, to the action of the sun's rays, without experiencing headache, giddiness, lassitude, and nervous irritability, followed by depression. This effect is very persistent. A distinguished officer of the Old Company informed me the other day, that though he had been home for a period of five-and-thirty years, he is still unable to bear exposure to the sun's rays, without a train of symptoms similar to those I have just described. A satisfactory explanation of this fact, which has been confirmed by repeated observation, is wanting. It is not pretended that the same train of effects is observed in every case. Some individuals are able to bear

alike, without inconvenience, dry and damp cold, heat and moisture combined, and also the action of solar heat; but these are exceptions to the general rule.

In determining the often propounded question—What climate in England is best adapted for the tropical constitution? it is essential, in the first place, to ascertain with accuracy the state of the health of the individual with regard to whom the question is raised; for it would be injudicious, if not impossible, to give a general answer to the question. It requires to be answered according to individual circumstances, after careful examination in each case. Neglect of this precaution, there is reason to believe, has often led to mischievous results.

There is an old proverb, "Treat every man as a rogue till you find him an honest man;" and in the same way, it is by far the safest plan to regard every person arriving from the tropics, especially if he has been long resident there, as an invalid, until you are satisfied that he is a healthy man! Even the healthiest and most robust in appearance, need much caution and care in the management of themselves on their first arrival at home; that this is

requisite, will be evident from a moment's consideration of the opposite physical conditions in which people are placed in the two countries. Hear what Sir Ranald Martin says on the subject. "From the previous extensive, equable, and sometimes violent, determination to the surface of the body, he is suddenly subjected to an opposite action—an extreme dryness of the surface, amounting, occasionally, to a furfuraceous desquamation of the cuticle, and at other times to a miliary eruption, accompanied by determination of the entire mass of the blood inwards; a loaded condition of the great venous trunks of the abdominal, thoracic, and cerebral cavities, with diminished power in the heart and arteries." * * * Again, "In hot climates the lungs are relieved of a portion of carbonic acid through the increased activity of the cutaneous exhalations, while the kidneys and mucous surfaces are in like manner relieved of uric acid, urea, salts, and water. These conditions, which hold during eight months, or more, of every year in Bengal, will explain how it is that in such climates, diseases of the lungs, air-passages, and kidneys are of but rare occurrence; and how, on returning to Europe, when the complete converse of all the above-named phy-

siological actions is taking place, or has been established, dangerous diseases of the lungs, bronchi, liver, kidneys, and mucous surfaces generally are so liable to occur."

What adds to the danger in these cases is the suddenness of the transition, the whole process being generally completed, by aid of the P. and O. steamers and the railway, in less than one month. In many cases, where time is no object, the homeward-bound from India would do well to spend a month or two in Egypt or in Malta, so as gradually to accustom the constitution to the opposite condition it will soon have to encounter. Hence it is that people who make the voyage *viâ* the Cape of Good Hope, are often in a better physical condition on arrival, than those who have come home overland; setting aside the beneficial effects of a long sea-voyage, which in most instances are very great, the change of climate is effected so gradually as to make comparatively little impression on the constitution.

The climate requires, of course, to be selected in accordance with the circumstances of each individual case; and it is to be feared that, in some instances at least, the importance of this is not sufficiently

recognised. In the case of invalids who seek in the English climate the cure of their maladies, and a restoration to health, the subject has of course a deeper interest than in the case of those whose constitutions are comparatively unimpaired; but even to the latter the question is not without its importance.

The diseases which are most prevalent in tropical lands, and for the relief or cure of which the English climate is most resorted to, are—1. Nervous debility, induced by long-continued exposure to tropical heat, characterized by general ill health, depression of the vital powers, confusion of the mental faculties, anæmia and dyspepsia, but unaccompanied by organic or structural disease of any important organs. 2. Paroxysmal or periodical fevers, with or without enlargement of the spleen and liver, but generally accompanied by a more or less strongly marked anæmia, or a bloodless state of the surface, impaired functions, and general ill health; this state has received the name of Tropical Cachexia. 3. Functional derangement or organic disease of the liver. 4. Dysenteric affections. 5. Dyspepsia or indigestion, and 6. Chronic rheumatism.

For the first of these states it may be said gene-

rally, that the drier, colder, and more bracing climates are the best adapted, such as the more elevated localities in Scotland, North Wales, and the northern counties of England. So long as the invalid remains in the moister and warmer portions of our island he will find himself little or no better. A strikingly illustrative case of this, which came under my notice, may be mentioned. An officer arrived in England after many years' residence on the damp western coast of the Indian peninsula, suffering from well-marked nervous debility, unaccompanied by any organic disease. His relatives resided at Torquay, one of the mildest climates in England, and he at once, on his arrival, proceeded there, and remained there for nine months without experiencing the slightest improvement in his symptoms Circumstances at last called him to the North, and he assured me that he could hardly credit the immediate and marked improvement which he felt; in a few weeks, under the influence of a bracing, invigorating air, he was completely restored to health.

In the second class of cases, a bracing, invigorating atmosphere is of the same importance, and is equally required for the re-establishment of health;

but much more caution is necessary in having recourse to it than in the former, for the very element, cold, bracing air, which is so essential to eliminate from the system the malarious poison (the primary cause of the periodical fever), may, if applied at too early a stage, serve to increase the local mischief which has been, and is still probably going on in the liver, spleen, or other internal organs. It is only after these latter have been restored in some degree, or wholly to a healthy condition, that a change to a cold, bracing air can be had recourse to with advantage or even with safety. Till this is accomplished, a residence in a warm, dry locality, such as the suburbs of London, or Cheltenham, or Leamington, is advisable. And when the time arrives for a change to the colder, more bracing clime, it is of the greatest importance to keep the abdomen well protected from the influence of atmospherical changes, for which purpose a stout flannel or chamois leather belt should invariably be worn.

The dyspeptic are often very difficult to suit in the matter of climate. As a general rule, a dry, warm climate, as that of Cheltenham, is best suited for this class of cases; but many exceptions will

present themselves. Some derive most benefit from a cold, bracing air, as that of the north of England or Scotland, whilst others improve most rapidly in the warm, relaxing air of the south of Devonshire. For some the sea-air, for others the inland air, is the best adapted. On the causes of these differences I shall offer a few remarks in a future letter.

The form of climate best suited for the next two classes of disease—viz., derangements and diseases of the liver and dysenteric affections, is essentially the same. In both of them the object to be kept in view is to maintain, by suitable medical and hygienic measures, a free action of the cutaneous system. Long observation has proved the existence of an intimate connexion—sympathy it has been termed—between the secretions of the liver and mucous coat of the intestines on the one hand, and that of the skin on the other; hence a climate which tends in any degree to check the latter, cannot but exercise an injurious influence on the former. Instead, therefore, of the cold, bracing air recommended above for nervous debility and malarious affections, we should have recourse to a milder, warmer, and more relaxing one. Fortu-

nately there is little difficulty in the matter; if there be a difficulty, it arises rather on the score of *embarras des richesses,* there being so many places whose claims are about equal in this respect. Dover, Hastings, St. Leonards, Worthing, the Isle of Wight, Bournemouth, Torquay, Budleigh Salterton, Dawlish, Penzance, and other places on the south and south-western coast; in addition to Cheltenham, Clifton, Bath, Tunbridge Wells, &c. I cannot do more than simply indicate the names of these places; their respective special claims may be learnt from Dr. Edwin Lee's work on the "Watering Places of England," or from some of the numerous handbooks relating to the subject.

With regard to the last class of invalids—those suffering from rheumatism—a warm, and at the same time dry air is the best suited—a locality well protected from the action of the northerly and easterly winds. Many of the places just mentioned as suitable for hepatic and dysenteric affections, are well adapted for this class of cases; but Malvern and Buxton in the summer months seem to offer special advantages, not only with respect to climate, but from the fact that the mineral waters existing at both these places appear to be effectual in aiding

the cure of rheumatic affections. Whatever place is selected, it is necessary to be careful to protect the body from sudden or great atmospherical changes by woollen or other warm clothing.

Most of my time, since my return home, has been passed in London, hence I am entitled to speak of it with some confidence; and after three years' experience I am inclined to think, that as a place of residence, looking at it from a health point of view, it has not received the share of praise which it deserves. I speak not of the City, and the more crowded parts of the metropolis, so much as of the suburbs and their immediate neighbourhood. In the City, the noise and bustle incidental to the almost ceaseless traffic, the impurity of the air consequent on the assemblage of millions of living beings, the smoke of manufactories, and foul emanations from a thousand other sources, render it little fitted as a place of residence for invalids; but once get beyond the range of the operation of these agents—or even in some parts of London proper, where the above evils are reduced to a minimum—and my firm impression is, that the locality will be found equal, if not superior, to many a place of more established fame as a sani-

tarium. The chief characteristics of the climate of London are warmth, dryness, and a remarkable equability of temperature. There are numerous spots in the immediate neighbourhood which are peculiarly healthful; they are generally the more elevated sites, as Richmond Hill, Highgate, Hampstead, and the higher parts of Croydon. The Surrey Hills enjoy a still purer and more invigorating air, hence, with the others already named, they are peculiarly well adapted for those whose nervous systems have become debilitated, either by the enervating influence of tropical heat, or by malarious fevers. On the other hand, the lower portion of the environs of London, as the Valley of the Thames, in which are situated Putney, Barnes, Kew, Petersham, the lower portions of Richmond, Twickenham, &c., from the more relaxing nature of the climate, are better suited for those who have been sufferers from hepatic and dysenteric affections.

Another locality, with regard to which I may speak with some degree of confidence, and which I regard as peculiarly worthy of your attention, is North Wales, where I have passed some months. Whilst there, my head-quarters were fixed at Llan-

dudno, a small-watering place situated on the margin of a semicircular bay stretching between two bold promontories, known respectively as the Great and the Little Ormshead, and surrounded by a striking combination of marine and mountain scenery. Of this place, as a health-resort for those debilitated by tropical climates, I have been led to form a very high estimate, having, in my own person, derived more benefit from it than from any other place I have visited. The air on the Great Ormshead is purer and more invigorating than that of any other place it has been my lot to reside at since my return home. Llandudno has its drawbacks—first, the remoteness of its position; secondly, it is becoming fashionable, and hence overcrowded with visitors, which is objectionable to those seeking quiet; and thirdly, it is exposed to the east wind. Otherwise it is a most delightful and healthy spot.

Although Llandudno appeared to me to possess superior advantages over all the other places I visited in Wales, yet there are several other spots which, in a health point of view, would doubtless prove very eligible as a summer residence for invalids and others from the tropics. Of these I may mention Penmaenmaur and Abergele; Beaumaris in the

Isle of Anglesea, and Aberystwith and Tenby in South Wales. They are all worthy of a visit, no less on account of their invigorating climate than for the beauty and variety of the scenery for which Wales is so justly celebrated.

Amongst the natives of India, a strong, it may be said an exaggerated, estimate prevails of the benefit to be derived, in all chronic diseases, from a return to their *native* climate, or rather to the place where they were born and bred, even though this should be only a few miles distant, and present little or no difference in the way of atmospherical or physical conditions from those existing in the place at which they are residing. I have found a similar opinion prevalent, to a limited extent, amongst Europeans. Some, indeed, are content with a return "home," including in this expression the land of their nativity generally, whilst others restrict its meaning, and apply it to the little village or town, as the case may be, in which they were born and spent their childhood's days. The air in that spot may not, perhaps, be nearly so salubrious as that of many others, nay, it may often be comparatively unwholesome, and yet it is from a return to it that the greatest benefits are expected. Now,

whilst I do not give the slightest adhesion to the belief that any special advantages are to be derived from the air of this spot *per se,* I feel assured that a return to one's native place, or rather, I should say, to the scenes in which the happy days of childhood and boyhood were spent, is a measure fraught, in many instances, with the most salutary effects. This is attributable, in a very minor degree, if at all, to the air—as air—but rather to the effect on the mind of early associations, the well-remembered and dearly-cherished spots in which so many a happy day has been passed in years long gone by. It all comes back like a pleasant dream, and though the thoughts may be saddened by the recollection of many of our old and dearly loved companions who have departed to "that bourne from which no traveller returns," yet the effect on the mind is in the majority of cases most salutary. Sneer as you may, my friend, there is in the human heart, especially, so to speak, in the tropical heart, a large storehouse of sentiment, romance if you like so to call it, and I am proud and glad to think that such is the case: and if this can be turned to a healthful account, let us by no means discard its agency.

As far as my own experience goes, I am inclined to limit its beneficial action to the earliest stages of home life. After a time, the reminiscences of the past lose much of the soothing influence they at first exercised, and the suitability of the spot as a place of residence will have to be determined by its physical characters, in accordance with the views set forth in a former part of this letter.

LETTER V.

Search after lodgings — Weekly tenure — Extras — Other lodgers— Apartments in private houses and over shops—Choice of rooms — Prices of lodgings in different localities — Lodging-house servants—Taking a house—Furnished houses—Taxes should be paid by the tenant and deducted from the rent—Objections to under-tenancy —Inventory of furniture—Unfurnished houses on lease — Repairing leases— Water — Quality — Filters—Quantity and supply—Drainage—Bad smells—Deodorizing agents—The dust-bin— Ventilation —General rules as to site and neighbourhood.

My dear D.,

On your arrival in London one of the first things that will probably engage your attention will be a search after lodgings, and very troublesome work you will find it, unless you happen to have some friend well acquainted with the ins-and-outs of London life, to accompany you, and aid you with his advice. It is a far better plan, if you know any one at home on whose judgment you place reliance, to write beforehand, describing the amount of accommodation which you will require, and the

probable date of your arrival, which you can always fix with a considerable degree of certainty, if you make the voyage home by steamer, requesting your friend to secure apartments for you for a week or other limited period, and to arrange so that you may be able to drive to them direct from the station on your arrival in town. If expense be no object, and if you have no friend or relative in whose house you can take up your quarters, the most *comfortable* plan is to go to a good hotel for a few days, whilst you engage in your search after lodgings; but there is no disguising the unpleasant fact, that hotels are, to use a popular slang expression, "awfully" expensive, and absorb with undesirable rapidity your long hoarded funds, which you will not be long in discovering are the sinews of war at home as well as elsewhere, and without which you will find that England is not such a desirable place of residence after all!

As lodgings, however, sooner or later will be your probable fate, either before settling down for good, or at some period of your English life, the few following hints, for the most part drawn from personal experience, may not prove unacceptable; they may serve in a measure to guide you in your selection,

and attention to them may be the means of saving you much subsequent trouble and annoyance.

1. Take the lodgings for a limited period, say from week to week, with the understanding that a week's notice to quit on either side will be considered sufficient; on no account agree for a longer period than *one month*. *So long as you reserve* to yourself the right of leaving at the end of a short period like this, lodging-house keepers will generally do all in their power to please you and meet your wishes; but if once they succeed in securing you for six or twelve months, either by written agreement or verbal arrangement, they are apt speedily to become careless, and often uncivil and disobliging, well knowing that you are in their power, and that whether you are satisfied or not, you must continue your payments to the end of the term of your tenure. The power of a lodging-house keeper over a lodger is very great as the law at present stands.

2. Ascertain exactly what "extras" you will have to pay for, and the rate at which you are to be charged for them. Unless this is at first clearly settled, you may find when the weekly bill comes in, that they constitute a formidable item in the account.

3. It is decidedly preferable to take apartments in a house where there are no other lodgers; but if there should be others, do not scruple to make the fullest inquiries respecting them, even at the risk of being thought impertinently curious, otherwise you may find yourself amongst disagreeable or undesirable inmates, and this is one amongst other reasons for attending to the caution already given, with reference to engaging your apartments for a limited period. You will then be at liberty to leave whenever you like, by the sacrifice, at the furthest, of one week's rent. A friend of mine had his peace of mind (and body too) almost destroyed, by lodging in the same house with a professional singer, who passed the whole day in practising for his evening performances.

4. As a general rule, lodgings in a private house are far preferable to those situated over shops, though the latter often present a temptation in the way of cheapness. On no account be persuaded to take lodgings over shops kept by shoemakers, butchers, fishmongers, chemists, or perfumers. However perfectly ventilation may be carried out in such establishments, the odours, to use a mild term, which will pervade your apartments, cannot fail to

prove most oppressive. The people themselves keeping such shops, probably from having been habituated to the peculiar effluvia from their earliest childhood, fail to be influenced by them, or even to detect them when attention is directed to them; whilst those whose olfactory nerves are more sensitive and wholly unaccustomed to them, will find them most oppressive, and even unwholesome. This remark does not apply to linendrapers, stationers, or others carrying on what is called a "dry-goods" business; but an ironmonger's, where work is executed on the premises, is objectionable on account of the noisy nature of the business.

5. In selecting apartments always choose the first or drawing-room floor, these rooms being always the largest and best in the house; but even these, to the eye of an old tropical resident, will at first seem small and insignificant. This impression, however, soon wears off. The rooms on the ground floor are generally gloomy and comparatively ill-ventilated, whilst if you mount to a higher floor, you will find the number of stairs to be ascended and descended very trying, after having been for many years unaccustomed to their use. In addition to which it should be remembered, as mentioned

elsewhere, that heated impure air acquires a greater specific lightness, and hence that its tendency is to rise and fill the upper rooms of a house, especially the garrets, which, unless they are freely ventilated, are apt to become foul and unwholesome—the hot-beds, in fact, of miasmatic disease. This is the explanation of the fact long since observed, that typhus fever was of the most frequent occurrence in the uppermost rooms of the lofty houses in the Old Town of Edinburgh.

The price of lodgings necessarily varies much, according not only to the extent of accommodation required, but also to locality. Generally speaking, they are cheapest at the East-end of town, as in the City and its suburbs, Bow, Tottenham, Hackney, &c.; dearest at the West-end in the neighbourhood of the Parks and great squares; and medium about Brompton, Kensington, Bayswater, to the West; Hampstead and Highgate, to the North; and Camberwell, Clapham, Peckham, &c., to the South. Kensington and Bayswater are the favourite sites with old Indians. Of the advantages of the latter localities I have spoken elsewhere.

Lastly, one word with regard to attendance. Do not expect too much from lodging-house servants,

and do not from them be led to form your opinion of English servants in general, as for the most part they are vastly inferior in every respect to those met with in private families. Very great allowances must be made for them, considering the smallness of the wages they generally receive, the additionally hard work they have to perform, and the extra temptations to which they are subjected. Do not be too exacting; treat them with kindness and consideration, never giving them unnecessary trouble, and do not add to their temptations by leaving money, articles of jewellery, &c., loose about your room. It is a wrong thing to do in your own house, but it is still more wrong and foolish to do so in a lodging-house, where you can have no guarantee for the honesty of the attendants.

However successful you may be in securing good lodgings, and however comfortable you may be in them, it may be laid down as an axiom, that no one is in a position to form a just and correct opinion of the real comforts of English life, until he has secured a house of his own—the Englishman's castle—where he reigns supreme. This may be effected in three ways: first, by hiring a furnished

house; secondly, by taking on lease, or otherwise, an unfurnished house, and stocking it with furniture according to your own taste and means; and thirdly, by purchase. On each of these modes of procedure, especially the first two, a few words may not be unacceptable.

In taking a furnished house, it is understood that you enter on possession of a residence ready for occupation in all respects, minus servants, whom you have to provide for yourself. The term for which it is taken is generally more extended than that for which you engage apartments—for three, six, or twelve months, according to agreement.

The sum charged for rent, unless there is some special arrangement to the contrary, includes all rates and taxes, of which a few words hereafter when we come to speak of unfurnished houses; but it is advisable to arrange with the landlord to be allowed to pay these to the tax-gatherer yourself, and to deduct them subsequently from the rent, when it becomes due. No reasonable landlord will object to such an arrangement. Punctuality in payment of taxes is of the utmost importance; for if left unpaid after a specified period, it is in the power of the tax-gatherer, by a very summary and uncere-

monious process, to put a bailiff into the house, and take possession of all the goods and chattels contained therein, until the demand is satisfied, thereby entailing upon the tenant, even under the most favourable circumstances, a very undesirable amount of trouble and inconvenience, and even expense.

Much the same state of things is liable to arise, if you are unfortunate or imprudent enough to become an under-tenant, or, in other words, to rent a furnished house from one who is not the owner, but is himself a tenant, and sublets it to you. You, as the tenant in possession, are answerable for the specified rent to your immediate landlord—that is, to the man from whom you have hired the house; whilst he, in his turn, is answerable to the real owner. Now all your own goods, be they what they may, together with the furniture of the house, are liable to be distrained for rent, if it be allowed to become overdue. Thus *you* may pay your rent to your landlord with exemplary regularity, but unless *he*, equally punctually, pays his rent to the original landlord, the latter has the power of coming down and taking possession of all the goods in the house till the rent be paid, and your only way of getting rid of a bailiff in charge (supposing that you are dealing with a dishonest or

pauper landlord) is to pay your rent over again, together with such extra law charges as may have been incurred. Hence, in hiring a furnished house, the wisest and safest plan is always to rent one only from the real owner, then you are safe so long as you pay your rent regularly; but in case of your becoming an under-tenant, stipulate for being allowed to pay the original landlord his rent, deducting the same out of your rent when it becomes due. If this cannot be accomplished, the only other safeguard you can adopt is, to require "unexceptionable references" as to the character and standing of the individual with whom you are dealing; neglect on this point may lead to serious inconvenience and annoyance.

On the occasion of your taking possession of a furnished house, an inventory is made of every article contained in it, from the garret to the cellar. An agent generally attends on the part of the landlord to go over the list with you, and too much care cannot be exercised in examining closely each individual article, and noting down at the time every crack or blemish; for you, as tenant, are answerable for all breakages and damage done, or presumed to have been done, during the period of your occupancy;

and if you allow cracks and blemishes to pass unnoticed and unrecorded, at the time when the inventory is being drawn up, you must not be surprised, when the time for giving up occupation arrives, to find a terrible array of breakages brought against you, for which you will have to pay. The chipped glass or the cracked saucer which you passed over as too trivial to deserve notice, will require to be replaced, perhaps at considerable cost, as it is often difficult to match the set to which the damaged article belongs.

The advantages of taking a furnished house are twofold: first, it saves your investing a considerable sum of ready cash in the purchase of furniture, which if you have occasion to dispose of again, by auction or otherwise, would probably not fetch much above one-half its original cost; and secondly, it can be hired for a far shorter period than an unfurnished house; the latter may, indeed, be sometimes rented from year to year, but generally they are let on lease for three, seven, or fourteen years, or longer; hence it is evident that if there is any uncertainty about your movements, which there probably will be for some time after your first arrival at home, a furnished house, ready

for occupation, presents many advantages over an unfurnished one.

In addition to the points already mentioned, which require to be attended to in engaging a furnished house, there are some others, which as they apply equally to unfurnished houses, we may, for the sake of avoiding repetition, conveniently notice together.

In taking an unfurnished house on lease, it is of the first importance to deal only with the owner of the house, or his authorized agent; on no account become an under-tenant. If you do, all the risks already mentioned, with regard to taking a furnished house under the same circumstances, become vastly increased. By law you are answerable to your landlord for your rent, and, unless you pay it, he can seize your goods to pay himself; and supposing he, in his turn, does not pay the owner of the house, the latter also has the power of coming down on the furniture (*your* furniture). You thus run a double risk. It is a position in which no prudent man would place himself, if he could help it.

A regular lease or agreement should be drawn up between you, as tenant, and the landlord; and if you are not much acquainted with such matters, it

would be as well to submit it to a lawyer or agent before signing it. You should be furnished with a true copy, so that in case of subsequent dispute you might be able to see what the stipulations on both sides were.

Pay particular attention to the clauses in your lease respecting repairs. There is a form of lease, termed a repairing lease, in which all the repairs fall upon the tenant, and the expenses entailed by them are sometimes very large. As a general rule, repairing leases are to be avoided.

In selecting a house, whether for rent or purchase, there are three points to which you should pay special attention, namely—1, Water supply; 2, Drainage; and 3, Ventilation.

First, then, it is most important alike to your health and comfort to have a plentiful supply of good wholesome water. Do not trust in this matter solely to the reports of the owner of the house, but examine the water with your own eyes and nose and mouth, and you cannot be far wrong even without the aid of an analytic chemist.* Although,

* The addition of a few drops of Condy's red solution of permanganate of potash is an excellent test of the purity of water from organic matters. If the water contain organic impurities, the pink

on the whole, the water supplied to London, at least to that part of town in which you are likely to take up your residence, is good, yet a capital plan, adopted by many, is to purify it still further by the use of a filter, such as those supplied by the London Water Purifying Company. These filters are placed within the cistern, so that every drop of water which comes into the house for domestic purposes undergoes previous filtration. The cost of the whole apparatus is about thirty shillings per annum, and it is money well spent. Attention is likewise required to the quantity or supply of water. The cisterns in some modern houses in the neighbourhood of London, are too small to meet the requirements of even a moderately-sized family. In one house in which I resided for a short period after my return home, they were of a size sufficient to hold only enough water for one day's consumption. Sunday being a *dies non,* no water was then to be had, unless on the preceding Saturday care had been taken to fill every available vessel in the house. On more than one occasion, when the

colour of the solution is speedily lost, and a brown precipitate is produced; at the same time the water loses all objectionable taste and smell. The quicker the decolorization, the greater need there is of purification.

servants had neglected to take this precaution, I had to apply to my neighbours, who happened to be better off than myself in this respect, for a supply to meet domestic requirements. Of course on this point you are dependent, in a great measure, on the statements of others, for even if you examine the cisterns, the probability is that you would not be able to judge correctly of the necessary capacity.

Secondly, with regard to drainage. This, no less than the preceding, is a point of vital importance; for in however good and clean a condition the house may otherwise be, if the drainage be in a bad or deficient state, it will soon become not only offensive from foul emanations, but positively detrimental to health. Miss Nightingale, to whom modern sanitary reformers are under a deep debt of gratitude, lays it down as an axiom that no house with any untrapped drain-pipe connected immediately with a sewer, whether it be from water-closet, sink, or gully-grate, can ever be healthy. "An untrapped sink," she adds, "may at any time spread fever or pyæmia among the inmates of a palace." Now, it is quite within the range of probability, that having had little to do with these matters in your tropical home, you have very imperfect views on the sub-

ject of drainage; and you will do well, before engaging a house, to secure the services of some practical man, a surveyor or builder, to examine and report upon the state of the drainage. The fee is not large, and the possible benefit incalculable.

Before leaving the subject of drainage, as I may not have an opportunity of recurring to it, let me impress upon you the necessity of keeping all the pipes connected with the drainage apparatus in good working order. An efficient means, is to adopt the practice of letting all the water out of the cisterns once a week at the furthest. This should be done early in the morning, before the daily supply of water is let in from the main pipe. Thus, by the continuous stream of water which rushes through the pipes, you not only keep them clean and free from obstruction, but you secure a degree of freshness in the water of the cisterns, which cannot otherwise be obtained; and this is a matter of considerable importance. A further step in this direction is to be attained by having the cisterns themselves occasionally cleaned out.

In however good a condition the drainage may

be when you enter on possession of a house, there is no security against it becoming soon deranged through the thoughtlessness or negligence of servants or from other causes. "Bad smells," under which term all sorts of foul emanations are included, will probably be the first indication that something has gone wrong with the drainage. Do not neglect the warning. Lose no time in ascertaining its source, and applying the necessary remedies. Do not lay the flattering unction to your soul, that you will ever get rid of them by the use of deodorizing agents, as chloride of lime, and other articles of that class. They are a valuable means, without doubt, for the purpose of correcting bad odours *pro tem.*; but if these arise from some deficiency in the drainage, they will prove wholly inoperative as far as a cure is concerned. Many persons place far too much reliance on them; and by disguising or destroying the odour, they have, I believe, often lulled people into a false security, which has led, in the long run, to mischievous results.

It must not be thought that all bad smells necessarily have their origin in deficient drainage. One very frequent source is to be found in the dust-bin, a receptacle too often for all the

refuse of the house, cabbage-stalks, potato-peel, &c. A dust-bin, not to be unwholesome or disagreeable, should be emptied and cleansed not less frequently than twice a week; and there is no difficulty about this, as there are carts provided for the purpose, which will call as often as is required.

Thirdly, with regard to ventilation. The importance of this subject respecting rooms, especially sleeping apartments, will be fully pointed out hereafter, so I need say little about it here. The great thing is to secure a full, free current of air throughout the house, for which purpose it is essential that there should be a skylight, or trap-door, or other opening at the top of the house, so as to permit the ready escape of foul air as it rises from the basement, or lower floors. To aid in this important matter, I cannot too forcibly insist upon the importance of open windows, especially during the finer and warmer portions of the year. The weather must be cold and inclement indeed, which should be allowed to interfere with this practice, so fraught with benefit in more ways than one.

In your search after a house, the following points should have weight in determining your choice.

The higher the locality, *cæteris paribus,* the

healthier will it be. Epidemics (typhus, cholera, &c.) are most rife and most fatal in the lower and damper portions of the town.

Gravel soils are drier and healthier than clayey ones.

The immediate neighbourhood of mews, or close, densely-crowded alleys, is objectionable, on account of their unpleasant odours, noise, &c.

A corner house, where another immediately abuts upon it, is very undesirable; the side of the house next to the back of yours, prevents the free access of air and light, so indispensable to health.

A house next to any establishment in which a noisy occupation is followed, is objectionable, as from the slight manner in which houses are "run up" at the present day, in the suburbs of London, every noise in the next house is distinctly heard. I have known serious annoyance follow to next door neighbours, from young ladies at a boarding-school constantly, for hours together, practising their scales and exercises on a piano, every note being clearly audible through the partitions which separated the houses.

Houses situated in large and much frequented thoroughfares should be avoided by those whose

nervous systems are in a debilitated or excited state. The continued incidental noises are not only annoying, but may prove prejudicial in such cases.

Houses situated in streets running east and west are, for the most part, shadier and cooler than those having a different aspect; hence they are preferred by some, especially by those who, from a long residence in tropical countries, have acquired a great intolerance of solar heat. They possess the additional advantage of being, in a great measure, protected from the cold easterly winds. A southern aspect, as being free from the extremes of heat and cold, is best suited for invalids.

Houses situated near stagnant waters, though, perhaps, described as "ornamental water," or near open ditches, are to be avoided.

LETTER VI.

Clothing on arrival—Principles to be observed—Fallacy of the Thermometer—Too heavy clothing—Danger of too little clothing during the first months at home—Flannel or woollen fabrics next the skin—When to be begun—Dr. Combe on flannel—Advantages of mixed fabrics—Cotton — Linen— Silk — Chamois leather—Clothing in Spring—Outer garments—Waterproof clothing—Fit—An unprotected region — Stocks — Bosom friends — Beards—Cold feet—Dirty roads — Spatterdashes — Head-gear — Ventilators — Protection of the upper part of the spine against solar heat.

MY DEAR D.,

One of the greatest difficulties which you will have to encounter on your return home, especially for the first few months, will be the proper adaptation of your clothing to the exigencies and variations of our northern climate. If it be of too light a description, you will feel it unpleasantly cold, at the same time that you will be running the risk of saddling yourself with rheumatism, neuralgia, coughs, and colds, if not with something more serious. On the other hand, if you clothe yourself too warmly, or rather, to speak

more correctly, too heavily, you will not only find that exercise, so essential to the maintenance of good health, will soon become wearisome and irksome in the extreme; but you will render the surface of the body, in an augmented degree, susceptible to atmospherical changes when you may be accidentally exposed to them, and thus you will become liable to the same train of ill-consequences as if you clothed too lightly. Both extremes are to be avoided, but to hit off the happy medium is by no means an easy task.

There are three principles which should guide you in the choice and regulation of clothing. It should be sufficient in quantity to retain the generated heat of the body; it should protect the surface effectually from the influence of atmospherical changes; and in quality be sufficiently porous to allow of the ready escape of cutaneous exhalation. Hold these principles in view, and you cannot be far wrong in the matter.

If for the regulation of your dress you have recourse to the thermometer for your guide, the information you will gain will be of a very partial kind, the actual temperature as indicated by this instrument is only one thing to be considered;

there are others of equal importance, as the force and direction of the wind, damp, and rain, respecting which the thermometer affords no information. It is, indeed, impossible to adopt any infallible guide in the matter; you must be guided in a great measure, if not wholly, by your individual feelings, for it is well known that an amount of clothing which is indispensable to some constitutions to keep up a requisite and enjoyable degree of warmth, would to others prove altogether unbearable.

It may, I think, be laid down as an axiom, that it is a bad practice to encumber yourself with too *heavy* clothing. In many men's minds, weight and warmth in the matter of clothing are inseparably associated, and doubtless, up to a certain point, there is a connexion between them ; but beyond that point, though the connexion may still exist, it is impolitic to endeavour to combine them, at least as far as walking or other active exercise is concerned. Here the advantage of warmth, so gained, is more than counterbalanced by the undue weight which the body is required to sustain. For driving, yachting, and other out-door passive exercise, this is a matter of comparatively little consequence, as

under such circumstances, almost any reasonable amount of clothes may be borne, not only without inconvenience, but with actual comfort. The case is very different in respect to active bodily exercise; here the weight of clothing becomes a serious inconvenience, and requires careful regulation.

People at home, that is, those born and bred at home, seem to pay little or no attention to this point, from their earliest childhood they have been habituated to heavy clothing; but to a man who for many years has been residing in tropical regions, where clothing has almost invariably been of the lightest description, it is a matter of no small moment. Such a man is unfitted to carry constantly upon his person clothes which in the aggregate amount to several pounds' weight. My winter suit, including my great coat, weighs over fourteen pounds.

People, on their first arrival at home from the tropics, are more likely, I think, to fall into the error of under-doing it than of over-doing it in the matter of clothing. Partly from a disinclination to encumber themselves with the great weight of clothes of which I have just been speaking, and partly from the great tolerance of cold—dry cold—

which is generally manifested during the first year or so of home residence, men are apt to go to their out-door avocations with an amount of clothing, little in excess, perhaps, of that to which they have been accustomed in hotter climates. This is a mistake against which you must be on your guard; for if, whilst in this light style of dress, the body become exposed to any great and sudden atmospherical changes, as a blast of the east wind, &c., serious consequences may be the result.

Do not fall into the common error of supposing that the heat of the body is generated by, and in proportion to the amount of the clothing you wear; it is generated from within, and is further developed by exercise, &c., the province of clothing being to prevent its too rapid abstraction, and otherwise to regulate its force and distribution.

If you have not been in the habit of wearing flannel or some other woollen fabric next to the skin, whilst in the tropics, I would advise you to commence its use not later than after your departure from Alexandria, if you are coming home overland, or as soon as you have passed the latitude of Madeira, if you are making the voyage

viâ the Cape. Both in a hygienic and in a therapeutic view, I look upon flannel as a most important agent. It possesses in the highest degree the essentials of good clothing. "Being a bad conductor of heat," observes Dr. Combe, "flannel prevents that of the body from being quickly dissipated, and protects it in a considerable degree from the injurious influence of sudden external changes. From its presenting a rough and uneven though soft surface to the skin, every movement in labour or exercise gives by friction a gentle stimulus to the cutaneous vessels and nerves, which assists their action, and maintains their functions in good health; whilst, being of a loose and porous texture, it gives a readier passage to the cutaneous exhalation than any other material in common use. From the cellulated structure of the fibre of the wool, moreover, its tissue does not become saturated with moisture as linen does, whenever there is a flow of perspiration. In some very delicate constitutions, however, it proves too irritating to the skin, in which case fine fleecy hosiery may be substituted. Many are in the habit of waiting till winter has fairly set in before beginning to wear flannel. This is a great error in a variable climate like ours,

especially when the constitution is not robust. It is during the sudden changes from heat to cold, which are so common in autumn, before the frame has got inured to the reduction of temperature, that protection is most wanted, and flannel is most useful, and also during the sudden transitions in spring. Even in summer, the temperature at different times of the day, and the degrees of exercise in which we are engaged, are so different, that flannel is then scarcely less valuable as a protection than in the colder months. Towards sunset, the air often becomes so cold in summer, after a very warm day, as to cause a sudden chill to those who are not on their guard against it. Upon the whole, therefore, I am disposed to recommend persons of a delicate constitution not to leave off the use of flannel even in summer."

This advice of Dr. Combe's is sound and judicious, and well worthy of your attention. His remark, however, respecting the irritation caused by the use of flannel next to the skin, loses much of its force by the general adoption, at the present day, of mixed fabrics, such as of wool and silk, or wool and cotton. These fabrics are, for the most part, of such beautifully fine

textures, that most skins, even the most delicate, are able to bear them without inconvenience of any kind. I hold it as indispensable, in accordance with Dr. Combe's views just expressed, that woollen garments should be worn next to the skin at all seasons throughout the year. And this can be easily and pleasantly accomplished by the adoption of these mixed fabrics. Being of various degrees of thickness and fineness, and consequently of warmth, you can vary them according to the exigencies of the season. In summer, one of the finer fabrics answers every purpose, and this may be exchanged for a thicker material when the temperature falls. In winter, and in very inclement weather, it is often advisable to wear two, or even, in extreme cases, three sets of these garments, one over the other, and then in case of any sudden increase of temperature, one or more layers may be dispensed with, as is most agreeable to your feelings. The comparative ease with which you can thus regulate your clothing in accordance with atmospherical changes, is one of the great advantages of this class of fabrics over the old flannel garments formerly in use. Not only vests, but drawers and hose should be of this material.

Cotton ranks next to flannel and woollen fabrics as immediate body clothing. "Longcloth," as it is termed, is the material principally worn in the tropics, and in those regions it is generally found to answer well; but in our colder northern latitudes a warmer material is required to protect the surface from atmospherical influences; it is, however, far superior to linen. I dare say you remember with pleasure the agreeable, cool, *clean* feeling which attended first putting on a linen shirt, formerly so much in vogue? But since the true principles of clothing have been better understood and more widely known, linen has been nearly or wholly abandoned as a material for shirts, unless it be for the collars, wristbands, and other unimportant parts of the garment. From the porosity of its fibre it is very attractive of moisture, and when the body perspires, it absorbs the perspiration actively, and displaces the air, which, in a dry state, it holds within its meshes, so that in place of an atmosphere of dry air, it becomes the means of maintaining a layer of moisture. Now, water is one of the best conductors of heat, and removes it so rapidly from the body as to cause a general chill. But this is not all; the moisture in the tissue of the linen has so great a capacity and attraction for

heat, that it continues to rob the body more and more of that element, until the whole of the fluid is evaporated. (Erasmus Wilson.) From this you will readily understand how ill-fitted it is as an article of clothing.

It has been the fashion of late years to recommend silk, as a substitute for flannel, to be worn next the skin, and there can be no doubt that for this purpose it presents advantages in the way of agreeable sensation derived from the softness and fineness of the material; but it has two important drawbacks which will prevent its ever coming into general use—first, its comparative costliness; and secondly, the painful (electrical?) irritation it is apt to produce on delicate skins, especially during active exercise, when friction is established between it and the subjacent surface. This effect, however, is not observed when a mixed fabric of silk and wool is employed, of the advantages of which I have already spoken.

Chamois leather forms an excellent material for clothing for those who suffer much from cold. From the manner, however, in which, from its close structure, it condenses and retains the perspiration, it is ill adapted as immediate body clothing, but may be

advantageously worn over a woollen shirt. It is especially adapted for affording protection against cold piercing winds. A chamois leather abdominal belt may often be worn with great benefit, by those who have been subject to attacks of dysentery and other bowel affections.

Both in winter and in summer, in the latter especially, it is advisable that you should be provided with two full suits of woollen garments, to be worn on alternate days, the suit not in use being hung up either in the sun or before a fire, so as thoroughly to dry and ventilate it, and cause the evaporation of the exhalations it has imbibed on the previous day. In this way the garments are rendered sweeter, fresher, and more healthful than if kept in daily use.

There is one period of the year when the question of clothing presents a problem not easily solved, even by the most experienced—namely, when "the spring time of the year" is merging into summer. A fine, warm, brilliant day, or a succession of such days, seems to warrant the substitution of light clothing for that which has been in use during the previous cold months, and no sooner is the change made than cold and wet set in with a wintry intensity, which

obliges one speedily to fly to warmer garments once more. You must of course be guided by circumstances, but you will do well to bear in mind the old Scotch distich :—

"Ne'er cast a clout
Till May's out."

It would be a waste of time to dwell at any length on outer clothing, as the probability is that you will fall into the prevailing fashion of the day, be that what it may, as to cut, texture, and colour. I will only recall to your mind the principles already laid down in a previous part of this letter, which should guide you in the matter. Select, then, for your outer garments as light a material as you can, consistently with securing the requisite amount of warmth, and preventing the too rapid abstraction of caloric from the body. At the same time, make choice of a material sufficiently porous to admit of a ready passage to the cutaneous exhalations: fortunately, this latter indication may be readily fulfilled, loose textured materials being much in vogue, superseding in a great measure the fine old broadcloth, so-called, which was formerly regarded as indispensable to a gentleman's attire.

From the lightness and impermeability of the

material, and attracted by the numerous advertisements setting forth at large the manifold advantages of "Pocket Siphonias," and so forth, you may perhaps, on your first arrival, be tempted to purchase some of the numerous forms of waterproof clothing. Let me advise you to do nothing of the sort. Garments of this material are highly objectionable from the obstacles they offer to the escape of cutaneous exhalations. They answer excellently for keeping out cold, piercing winds, and for protecting from wet in rainy weather, during passive or very gentle exercise; but this is the utmost limit of their usefulness as articles of dress. If with a coat of this material you attempt to take walking or other active exercise, you will soon find yourself immersed in a bath of moisture generated from within, which is as unpleasant as it is unwholesome. Dr. Parkes, a very high authority in these matters, is, however, of opinion that if woollen garments are worn underneath, the perspiration is sufficiently absorbed by them during the comparatively short time waterproof clothing is in use, and he considers that objections to its use, such as have been urged above, are probably not valid unless the waterproof be habitually worn.

The fit of your clothes is by no means an unimportant consideration. Setting aside appearances, which must always more or less exercise an influence on you, they should be sufficiently loose to admit of free play between the skin and the dress, as by this means you help to maintain an amount of cutaneous stimulation which is in the highest degree beneficial. Tight clothing, such as will at all interfere with the free action of the limbs, or impede circulation, should be carefully avoided.

There is one faulty point in the male attire of the present day, which struck me forcibly on my first arrival at home, and which, if you follow my example, you will take measures to remedy. I allude to the comparatively unprotected state of the throat and upper part of the chest. Whilst all the rest of the body is well enveloped in warm clothing, the region I have mentioned, especially when what is called "evening dress" is worn, is left with less covering than any other part of the trunk; and this is the more remarkable, as the underlying organs, the lungs, are peculiarly liable, in our cold and variable climate, to become the seat of disease. Orientals set us a good example in this matter, which we should do well to imitate. Their jackets

or coats (when they are worn) are made so that one side completely laps over the chest, and is fastened by means of a button, or string, near the opposite shoulder. The old double-breasted waistcoat, in fashion some twenty years since, and still occasionally seen, possesses great advantages over the single high-buttoned waistcoat of the present day; for however well the latter may fit, and however high it may be carried, it is almost impossible to bring the buttoned edges into such close apposition, that the cold, piercing easterly wind will not penetrate, to the manifest danger of inducing laryngeal or pulmonary disease.

To obviate this defect in dress, and its consequent probable evils, it is advisable to adopt the use of a stock with a large, broad, thickly-lined fall; and thus, whilst you can still follow the prevailing fashion, you afford protection to the upper part of the chest. In winter, and in the more inclement seasons of the year, further protection may be secured by wearing what is often termed "a bosom friend," which consists of a piece of chamois leather, or thick flannel, or other warm material, which is kept *in situ* over the chest, by means of a band round the neck, or other contrivance. It is neither necessary

nor advisable that this should be worn in the house; it should only be resorted to when you have to face cold or inclement weather, out of doors.

It has been objected to the use of stocks and cravats, that persons who habitually wear them are more subject to coughs and throat affections, than those who reject their use and substitute a piece of narrow ribbon, or some light thin material, adopting, at the same time, no other precautionary measure. The explanation of this allegation, which appears to have some foundation in truth, is to be found in the injudicious, but natural practice, of incautiously throwing aside this article of dress when, after active exercise, the body is overheated and in a state of perspiration. The sudden reduction of the temperature of the throat and neck, thus incautiously exposed to the cold surrounding air, is almost necessarily followed by deranged vascular action in the part.

I was, perhaps, speaking "without book," in saying that those who discard the use of the stock or cravat adopt no precautionary measures on the occasion, for simultaneously, or antecedently to leaving off this article of dress, most men commence the cultivation of a beard, which they allow to grow

to any dimensions that nature will permit this hirsute appendage to attain; and there can be no doubt that it affords an amount of protection to the throat greater than can be obtained by any artificial means. Within the last twenty years, a great change has taken place in England in the matter of beards; prior to that period they were, for the most part, regarded as a peculiarly military appendage; but they are now commonly adopted by all classes and professions, including the clergy, and there certainly is no valid reason why they should not be adopted by all. Thus, not only is one of the minor troubles of life—shaving—avoided, but a well-cultivated beard adds much to the manliness, if not handsomeness of the face, at the same time that by protecting the surface of the throat from atmospherical changes, it acts as a preventive to many affections of that region.

Many persons whose vital powers are below a healthy standard, suffer much from coldness of the extremities, especially of the feet. On this subject I have offered some remarks elsewhere in these letters, so I will here only observe that such persons will do well, as far as the feet are concerned, habitually to wear woollen socks or

stockings, taking the further precaution of encasing the feet, for out-door exercise, in good stout boots, not too heavy nor too tight, but well made and easy fitting. I need hardly insist on the importance of keeping the feet dry; for this purpose some persons resort to the use of india-rubber goloshes; but the practice is not without objection, as they unduly contract the feet, and, by confining the perspiration, render them uncomfortably warm and moist. With properly made boots, they certainly seem superfluous. For coldness of the hands, no covering is superior to chamois-leather-lined gloves.

Many an old Indian has expressed to me the disgust he felt on his first arrival at home, at the dirty state of our streets and roads; and it must be confessed, that to those unaccustomed to walking in India and the colonies, where exercise is almost invariably taken on horseback, or in a vehicle of some kind, it proves a serious nuisance, especially after a heavy thaw or continued rain. Under these circumstances, I commend to your notice the use of leather leggings, or spatterdashes as they are called. They effectually serve to protect the lower extremities from cold and wet and dirt; but at the same time they are not without their drawback, for by

retaining and condensing the perspiration, they render the parts encased in them unpleasantly warm, and unless some caution is observed not to expose the limbs to a sudden chill when they are taken off, there is danger of an attack of rheumatism, &c., which would more than counterbalance any advantages obtained by protection from the inconveniences of cold and wet.

And now for a few words about head-gear. The ordinary black hat in use amongst the gentlemen of England is wholly unfitted for the purpose which it is intended to answer; it does not afford the requisite protection to the head and neighbouring parts, and in the majority of cases it presents not the faintest apology for ventilation. For these defects it possesses no compensatory qualities in the way of elegance; on the contrary, it must be admitted to be ungainly; as a writer in the *Quarterly Review* expressed it, "an impartial stranger might impute a variety of useful culinary purposes to it, but would never dream of putting it on his head." We Anglo-Indians are much in advance of our brethren in England in this respect; the ventilators, the air-chambers, the broad brim with the attached puggrie, are all

wanting in the head-gear of the English at home; and they would give to it, for summer wear at any rate, a great superiority over that in common use. I have been informed, by those who have tried them, that our Indian ventilating air-chambered hats are too cold for use in England, especially in winter; this I can easily fancy to be the case, but a modification of them might surely be adopted with advantage. Hats, ordinary black hats, are manufactured with ventilators, but they are not commonly sold in the shops; they are, however, to be had on the payment of a few extra shillings, and the advantages so obtained are well worth the extra cost.

Protection of the upper portion of the spine from the action of the sun's rays, I look upon as most important, and here it is that the English hat is most manifestly at fault, for it affords little or no protection to this part. In the absence of the broad brim and the puggrie hanging down the back, so universally in use in India and in most tropical countries, persons returning home from these regions are apt, on exposure to the sun for any length of time, to suffer from headache (especially in the back portion of the head, and upper

part of the spine), with attendant nervous derangement. To meet this state of things, no measure is more effectual than the adoption of an umbrella—not a little sun-shade, but a good large substantial umbrella. Take my advice in this matter, and never venture out, in the summer especially, unprovided with an umbrella; it serves the treble purpose of a walking-stick, a shelter from the rain, and above and far beyond either of these, a protection against the direct action of the sun's rays.

LETTER VII.

Night attire—Bed clothes—Upper and under strata—Objections to feather-beds—Cold extremities—Woollen socks v. *hot-water bottles—Exercise and ice-bags—Cotton and linen sheets—Nightcaps—Bed ventilation—Four-posters—Iron bedsteads—Situation of the bedstead—Choice of sleeping-room—Open windows—Night air—A good method of securing ventilation—Opening bedroom doors for air—Fires in bedrooms—Use and abuse—Smoky and foul chimneys—The pleasure of having your chimney swept—Chimneys as ventilators—Night-lights—Gas in bedrooms—Social and economic advantages of gas—Summary of advice.*

MY DEAR D.,

In my last letter I entered at considerable length on the subject of clothing suitable for day wear, and that best adapted to meet the exigencies of our northern climate. I will now proceed to say a few words regarding night clothing, the proper regulation of which is so essential to the maintenance of good bodily health.

Many of the restless sleepless nights, and much of the feeling of weariness experienced on first waking in the morning, of which persons recently returned

from a prolonged residence in tropical climates so often complain, are due in a very great measure to the pernicious custom of heaping the bed with blankets, counterpanes, and other coverings, with the view, as it is expressed, of making oneself "comfortable." A moderate amount of bed clothes, sufficient to secure a comfortable degree of warmth, and to prevent the sensation of chilliness, however slight, is, I am prepared to admit, absolutely essential; but to effect this, a far less actual weight of bed clothes is required than is generally imagined, and to overdo it is a mistake fraught with ill consequences. The same principles which I have endeavoured to show should guide you in the selection of day clothing, should be brought to bear in regulating that of the night; it should be sufficient in quantity to retain the generated heat of the body, to protect the surface effectually from the influence of atmospherical changes, and in quality sufficiently porous to allow of the ready escape of cutaneous exhalation. For this purpose, generally speaking, a sheet, with one, two, or three super-imposed blankets will suffice, the number of blankets being regulated by the existing temperature and the season of the year. In summer, one; in the depth of winter, three, or even more, may be re-

quired, the individual feelings being the best guide in determining the point.

So much for the upper, or overlying stratum of bed clothes; the under, or subjacent one is no less important. This may advantageously consist of a sheet in the winter with, or in the summer without, a blanket underneath; below this should be a horse-hair or woollen mattress, and below this a spring mattress of the best quality. I say of the best quality, as it affords a far greater degree of elasticity and softness than the inferior kinds, and though its cost is greater in the first instance, it lasts much longer, and in the end proves the cheapest. The above I regard, after having paid considerable attention to the subject, as the best of all forms of bedding arrangement; soft without being enervating, and warm without being oppressive. Next to this, in point of healthfulness, ranks a horse-hair or woollen mattress with a feather bed underneath, and below that an ordinary palliasse. I have no hesitation in advising you to reject the plan, common in many households, of placing the feather bed uppermost. From my own experience, and from what I have learnt in communication with others, I feel assured that

sleep taken on a feather-bed, though the feeling of luxurious softness which is felt, especially on first reposing upon it, is not for a moment denied, is not nearly so refreshing as that taken on a bed composed of harder material; at the same time, from its continued use, the skin becomes relaxed, and acquires an increased sensitiveness, which renders it peculiarly susceptible to atmospherical changes.

The habitual use of flannel garments at night, such as vests, drawers, &c., is unnecessary, and even prejudicial to health. During the severe portions of winter, if you should happen to suffer from coldness of the feet, a pair of warm woollen socks may be resorted to with advantage. They are decidedly preferable to hot-water bottles, now so much in use; these latter contrivances are objectionable, inasmuch as, by the continuous application of heat by their means, the tissues become relaxed and enfeebled, and though for the time they may afford some degree of comfort, they tend, in the long run, to increase the very condition which they are intended to cure. At the best they are but palliatives. Cold feet, as I observed in my last letter, are to be regarded as symptomatic, or rather indicative of feebleness and irregularity of the circulatory

system, and the radical cure consists in invigorating the system by suitable hygienic and medicinal measures, especially by regular walking exercise in the open air. I have no hesitation in pronouncing this last-named measure more effectual, and certainly more agreeable to most people's feelings, than the application of an ice-bag to the spine, or immersing the feet in cold water, and then subjecting them to friction, both of which plans have received the sanction of high modern authorities.

The question of cotton *versus* linen sheets has often been discussed; my own predilections are in favour of the former, especially during the winter months; but this has arisen, not so much from any considerations as to their comparative healthfulness, as from a dislike to the cold sensations which linen sheets communicate to the surface when you first get between them. As a matter of health the point is of minor importance, and the objections which were urged in my last letter to the use of linen, as a material for shirts, do not hold good here, at any rate, in the same degree. During sleep, we know that there is a diminution in the energy of all the functions, hence linen, provided that a blanket form the next layer to it, is not

likely to become saturated with perspiration, and to form a sort of cold poultice, which will continue to rob the body of its heat. This applies, however, only to persons in ordinary health; there are certain diseases, the advanced stages of consumption for example, which are attended by profuse perspirations; in such cases cotton sheets possess manifest advantages over linen ones. Whatever injurious influence they might exercise is further lessened by the sleeper wearing a cotton *robe de nuit*, for of this material should the garment always be made.

Warm woollen night-caps, formerly in vogue, have fallen into disuse, and indeed it is the fashion at the present day to ridicule and prohibit the use of this article of night-dress altogether. I am not sure that it is quite wise so to do. For the young and healthy, who rejoice in luxuriant crops of hair to protect their pericraniums, they may be wholly unnecessary; but in advancing years, when, like the Brothers Birchington in the "Ingoldsby Legends," "there is a little bald patch on the top of the crown," when the natural covering of the head becomes thin and spare, and the hairs, like angels' visits, are few and far between; or when it has so far disappeared as to necessitate the use of a wig in the

daytime for the sake of appearances, and when, moreover, there is a tendency to rheumatic or neuralgic affections of the face and head, a night-cap is not to be despised.

Whether you use linen or cotton sheets, whether you sleep upon a hair mattress or feather-bed, there is one duty you owe to your own health, which you should never neglect—namely, before leaving your room to "open up" your bed, so as to insure its being thoroughly ventilated. In this matter do not trust to the servants, who may not go to your room for hours afterwards; and who, from negligence or some domestic duties, may fail to do it at all: do it yourself. It is, perhaps, too much to expect you to take off the sheets and blankets separately, and spread each individually on the backs of chairs, or on a clothes-horse provided for the purpose, so as thoroughly to ventilate them; but without any, or at least with a very small amount of trouble you can throw the upper stratum of clothes *en masse* over the footboard of the bed, so as to expose thoroughly the surfaces of the sheets between which you have been passing the night. At the same time, unless you have been sleeping with open windows, or the weather is

extremely inclement or damp, you should throw open your window, so as to allow the free ingress of fresh air. You thus secure ventilation, and your bed-clothes, which otherwise would soon become musty and unwholesome, will retain a degree of freshness which is highly conducive alike to health and to comfort.

The old time-honoured "four-poster," with its huge beam-like frame, handsome cornice, and costly damask or thickly-lined curtains drawn closely round the bed, so as to form a small apartment of itself, is now almost a thing of the past; and happily so, for the health and the pocket of the paterfamilias of England. They are now, for the most part, banished to the mansions of our country gentlemen; but even in these a perceptible change has taken place: and though the framework remain intact, your hospitable host and hostess, grown wiser in their generation than their progenitors, seem to have abandoned the idea of smothering you in your bed, by surrounding you with walls of drapery, to prevent your getting a breath of fresh or pure air.

The old-fashioned "four-poster" has been replaced by an innumerable variety of iron bedsteads,

variously denominated Arabian, tent, half-tester, French, &c. They are comparatively lighter in construction, and are better adapted for insuring healthful sleep, as the limited amount of hangings they allow, though sufficient for elegance, does not interfere, to an undesirable degree, with the free circulation of air around the sleeper; at the same time the furniture is so arranged as to shield from draught, the head, which is the most unprotected part of the body during sleep.*

The tyrant fashion, which is allowed to penetrate even into the privacy of our bedrooms, demands a certain amount of hangings for our beds; and I am far from denying that they give them a finished and comfortable look. I would only advise you to have them of as small dimensions as you can. This applies equally to window curtains: if you have them at all, let them be for appearance, not for use; and be careful that neither they nor the bed-curtains be so arranged at night as in any degree

* This is a great advantage: there is a minor one, perhaps hardly worth mentioning—namely, they are less apt than wooden bedsteads to harbour those abominable little pests, bugs; and even should they give indications of their unwelcome presence, it is a further advantage, that these bedsteads can with comparative ease be taken to pieces, and subjected to a purifying process

to interfere with the free circulation of air in the room. For the same reason, do not overcrowd your bedroom with useless articles of furniture.

You know that in India, and the same plan is adopted in most other tropical countries, the bed is placed nearly in the centre of the room, or at any rate a considerable space is left between it and the walls of the room on every side, so as to allow the breezes, which find ready ingress through the Venetian blinds or open casements, to surround it in every direction. The size of the general run of rooms in England will preclude your following out this arrangement in its integrity; but make the nearest approach to it that you can, by having the head of the bedstead only near the wall, and allowing the foot to project well into the room. Far better suffer a little inconvenience and sacrifice a little space, though it must be confessed that in the majority of English bedrooms there is little enough to spare, than cram your bedstead up into a corner, with the head and one side in close juxtaposition to the wall, thus rendering the free circulation of air almost impossible; it is a most injudicious arrangement, and should be avoided if practicable.

In selecting a bedroom, choose one that is large, lofty, and light; those on the floor immediately above the drawing-room are usually used as sleeping apartments, and are well suited for the purpose. Those having the windows facing eastward are objectionable for two reasons: first, the early morning sun streaming into your window is apt to disturb your sleep at an undesirably early hour; and secondly, when strong easterly winds prevail, if you keep your windows open at night, you run the risk of rheumatism and other evils. No room should be chosen as a bedroom that is not provided with a fireplace.

I need hardly point out to you the importance of ventilation of bedrooms, and of its influence in maintaining good bodily health. On my first arrival at home I went into furnished lodgings, and fortunately secured a very lofty, spacious bedroom. For the first few weeks my sleep was uneasy, unrefreshing, and of short duration. After lessening the amount of bed-clothes about one-half matters improved somewhat, but still I continued to awake about three or four o'clock in the morning with a sense of oppression; and being unable again to fall asleep, I used to get up and wander to Covent

Garden, the Parks, &c. Coming home one night, or rather early one morning, after the bedroom had been shut up in the usual manner for some hours, I found the atmosphere in it so sultry and offensive that I opened the window, and leaving it in that state went to bed. That night, the first time for some weeks, I enjoyed a long unbroken sleep; and ever since then, a period of above three years, I find that I never sleep so well, nor awake so refreshed, as when the windows of my bedroom are left open all night. On inquiry I have found that the experience of others fully corroborates my own on this point, and I commend it to your notice on your arrival at home.

You may remember that we "old Indians" have been in the habit for years of passing the night more or less exposed to the influence of the night air; to most of us, indeed, it may almost be said to have become natural. How few, very few in India ever dream of shutting out at night any breeze we can get, excepting always the cold, rheumatic-giving "land wind," or one which, blowing over tracts of marsh, we have reason to believe is charged with malarious poison. For above twenty years, both in the East and West

Indies, I have constantly been in the habit of sleeping with the outer air admitted freely into my bedroom, and the health which I have enjoyed has been, I am thankful to the Great Giver of all good to say, far above the average, as I have never been for one single day laid up with fever, dysentery, "liver," or any other disease which is usually regarded as peculiarly "tropical." In healthy stations throughout India, from the Himalayas to Cape Comorin, how many men, from year's end to year's end, make it a practice to sleep out in an open verandah, with no protection against the wind except it be a muslin musquito curtain, and with very little covering; and I feel assured that I may appeal to all old Indians for corroboration of my statement, that the men who follow this practice for the most part enjoy above the average health. From this it will be readily comprehended why persons, on their return from tropical regions, find the air of even the larger class of English bedrooms so insupportably close and oppressive, and it points out how essential it is for their health and comfort that an effective system of ventilation should be established.

Night air is a great bugbear to many persons at

home; they regard it as especially detrimental to health, and as the fruitful source of disease; and there are no lack of histories of young persons, ladies especially, who, after coming out of a ball-room or other crowded assembly, have been accidentally exposed to the night air, have caught a chill or cold, which has terminated in a cough, consumption, and death. In these sad histories, the real source of the mischief, the incautious exposure of the person insufficiently clothed, whilst overheated and in a state of profuse perspiration, is wholly overlooked: the sudden transition from heated, crowded rooms to the cold outer air, the great impression made on the system by the sudden abstraction of caloric, the checked perspiration, these, the real sources of the mischief, are passed over in silence, and it is attributed unhesitatingly to the night air, which, as night air, had in reality little or nothing to do with it. Why, in large cities, in the manufacturing ones more particularly, the purest air in the whole twenty-four hours is to be enjoyed between eleven or twelve at night and four or five in the morning.

Do not misunderstand me, and conclude from what I have said that you may with impunity

sleep in the open air in this country. You cannot do so, for here you have to guard against great and sudden atmospherical changes, rain, damp, &c., and this can only effectually be done indoors, with the aid of certain appliances in the way of clothing, &c. What I mean to say is, that not in summer only, but for a great portion of the year, persons in ordinary health may, with perfect safety, nay, with positive advantage, sleep with the window open, provided always that due discretion be exercised in regulating the amount of bed-clothes, and the position of the bed; the latter being always kept out of a draught, so that the body shall be well protected from feeling any sensation of chill, however slight, and this may be done in the majority of cases more easily than is generally imagined. Extreme cold or damp, or a very inclement state of the weather, and cold easterly winds, are conditions under which an open window at night is inadmissible. Again, in certain diseases, such as bronchial affections, consumption, some forms of dysentery and diarrhœa, scrofula, &c., in which it is desirable to maintain, in winter especially, a uniformly high temperature, it would be inadvisable to follow out the practice.

Equally so, perhaps, in tender childhood and in old age.

It may be as well here, in order to guard against misconception, to explain what is meant by the expression "an open window." Many persons take it to imply a window open to its full extent. This is far from being its right significance in the majority of cases. The upper sash drawn down a few inches, or even a single inch, is all that is meant, all that is required for the purpose of ventilation; and this is the limit of its utility, excepting in hot, sultry seasons of the year, when the window open to its full extent from the top, is of additional service in equalizing the temperature of the apartment with that of the outer air.

There is one form of "open window" which appears to me to present advantages in the way of ventilation superior, perhaps, to any other. It consists in opening the *lower* sash to a limited extent, say three or four inches, and having a piece of board so constructed as to fill up entirely the space thus left. By raising the lower sash a narrow space is left where the two sashes overlap, through which the air finds its way into the upper portion of the room; and by this

means, with an open fireplace, a free circulation of air is established in the apartment, and efficient ventilation is secured. By this arrangement of the window sashes, persons occupying the room need be under no apprehension of the wind blowing upon them at night.

Where any valid objections exist to opening the windows at night, it being in my point of view necessary to the maintenance of good health that a supply of fresh air should be admitted into the bedroom, it is indispensable that you should have introduced into the upper pane of the window one of the many kinds of small ventilators, procurable at a moderate cost. They are easily managed, and by their aid, combined with an open fireplace, you can always maintain a pretty good system of ventilation. I take it for granted, of course, that you would never think of inhabiting a bedroom in which there is not a fireplace.

It is no unusual thing to hear even educated people say, "It was so intolerably hot and oppressive on such and such a night, that I had to open my door to let in some air!" A more injudicious practice cannot well be imagined, especially if the windows are carefully shut, and the chimney choked

up by a register or a chimney board. By such a proceeding you virtually convert your bed-chamber into a reservoir for all the foul air from drains, &c., generated at the basement of your house. The current of air from below may, for a time, make your room cooler; but, bearing on its wings all sorts of foul exhalations, it soon renders it prejudicial to health. In answer to any remonstrance on the subject, it is perhaps answered, "Oh, but I took care to see that the register was open; there was no obstruction, and any foul air was driven immediately up the chimney." So be it; but why you should voluntarily make your bed-chamber the passage through which these noxious vapours pass, whilst you might have attained your end by simply opening the upper sash of your window, and allowing the ingress of pure outer air, it is difficult to conceive.

The question of the propriety of fires in bedrooms has often been discussed, one party alleging that under their use the skin becomes relaxed and rendered more susceptible to atmospherical changes, and that there is engendered a greater liability to cold and catarrhal affections; the other party maintaining that it is injudicious and prejudicial to

health to subject the body to the sudden transition from a heated sitting-room to a cold bedroom, and that the increased susceptibility to cold asserted to be produced by the practice is the result, not of its proper *use*, but of its *abuse*. That is just the difficulty—to draw the line, to say where the *use* ends, and the *abuse* commences; if this could be hit off with precision there would be little to urge, one way or the other; but the use is so very likely to run into the abuse, which, without doubt, is apt to induce the state of things urged against the practice by its opponents, that on the whole it is safer to discard fires altogether. If, however, you adopt an opposite opinion, have the fire lighted three or four hours before the usual time of retiring to rest, and let it go out, nearly or altogether, before you go to bed. To "turn in" with a large fire blazing in the room is neither safe nor healthy. By adopting the former course, you secure the warmth and dryness of the apartment, which in extremely cold and damp weather may be desirable, but I would advise you not to let even this run into a *habit*.

There is one objection to the use of fires in bedrooms at night, which does not ordinarily receive the consideration due to it. It is this: the tem-

perature of the apartment being raised to a greater or less degree by the fire, the occupant of the room, on retiring to rest, finds any amount of bed-clothes oppressive to his feelings, hence he is led to cover himself much more lightly than he otherwise would. In process of time, the fire dies out, and the temperature of the room decreases; and the probability is that the sleeper will awake at four or five o'clock in the morning, more or less chilled in consequence of the insufficient amount of his bed-clothes. Now, it is the occurrence of this chill, indicating an undue abstraction of caloric from the body, which it is so desirable on all occasions to guard against; and any measure, which even indirectly will lead to its occurrence, should be avoided. To this category belongs the use of fires at the time of going to bed.

In very inclement weather, and when an individual is suffering from a cold or cough, or is in delicate health, a fire lighted for about an hour before rising, so as to warm the room, and to maintain an agreeable temperature during the more lengthened process of the toilet, gives great comfort, and is devoid of any of the disadvantages which attend the use of fires on going to bed at

night. But in this, as in the former case, do not allow what should be reserved as an occasional luxury to degenerate by habit into a necessity.

As connected with this subject, I must crave your indulgence if I digress for a few moments to enlarge on the subject of chimneys, which are a fruitful source of some of the minor, if not major, annoyances of English life, annoyances which we fortunately escape in the tropics. It is as well that you should know what you have to expect at home; indeed it is one of the purposes of these letters to prepare you for the worst. First, then, there is the *smoky* chimney: few but those who have experienced it can form any idea of the annoyance of having huge volumes of smoke, one after another, blown forcibly down the chimney, filling the apartment with dense suffocating fumes, and necessitating the immediate opening of windows and doors, however cold and inclement the weather may be. Some chimneys smoke always, others only occasionally, when the wind is in a certain quarter; sometimes the fault lies in the form of the chimney pot, sometimes in the construction of the grate, sometimes in a choked or faulty condition of the chimney midway. When "domestic remedies"

fail to obviate this state of things, you have to call in the aid of a "professional" in order to obtain, and that at a considerable cost, a radical cure. Then there is the *foul* chimney, that is when its free passage becomes obstructed by an accumulation of soot, and here we have the dread, if not the actual occurrence, of a "chimney on fire." This is another source of certain expense, for a recent law renders you subject to a fine for allowing your chimney to catch fire. Hence follows the disagreeable necessity of having them repeatedly cleaned. Climbing boys, happily for the sake of humanity, have been suppressed by the strong arm of the law, and their place is supplied by machinery. Now the period generally chosen for this cleansing operation is the early morning, oftener before than after daybreak, previous to the fires of the house being lighted for the day. Your rest is suddenly disturbed by the most unearthly noises, a sort of compound of distant thunder, the muffled roar of cannon, and the rumbling of an earthquake; for the operation is necessarily attended with more or less vibration. To persons unaccustomed to them, and to those especially whose nervous systems have suffered from a residence in tropical regions, these

noises are at first not a little alarming; you wake in a fright, and sleep for that morning at least is effectually destroyed. If this sort of thing occurred only once or twice in the course of the year, there would, perhaps, be little to complain of; but it is a frequently recurring annoyance, for good housewives hold it as an article of faith that a chimney constantly in use, as for example that of the kitchen, should be swept every six or eight weeks at the furthest, if we wish to avoid its catching fire. It is bad enough, in all conscience, to endure this on your own account; but the worst of it is, that if you happen to be living in a street or other position with houses contiguous to your own, you have to bear a similar train of annoyances on your neighbours', their chimneys being in immediate contact with your walls, if, indeed, the thin partitions which separate houses in modern London deserve the name. Few things disturbed me more on my first return home, than the noise of chimney-cleaning in my own and my neighbours' houses. Fortunately, this evil, like many others, loses much of its force in the course of time.

Chimneys, if legitimately employed, are valuable as a means of ventilation, but their utility in this

character is too often frustrated during the summer, when fires are not required, by the practice of letting down the register (a plate of iron fixed into the sides of the chimney, a few feet above the fire-place, having a trap-door in the centre), to prevent soot, dirt, &c., from being blown down into the room, to the manifest injury of the carpets and furniture. On the other hand, if the trap of the register be let down, and fit closely, free ventilation is interfered with. Both are admitted evils, but the latter, in my opinion, is the greater of the two. If care be taken to keep the chimney clean, the necessity for the register, and still more for the chimney-board (a screen placed across the whole of the fire-place, and often secured there by nails, or pasted paper), is in a great measure obviated.

There is one Indian custom which some people find it difficult to alter on their return home, namely, that of burning "a night-light." With some, indeed, this custom, continued through a long series of years, becomes almost second nature, so much so, that the darkness of night, usually so conducive to sleep, becomes to them a source of almost painful wakefulness. Like all other habits it is, of course, curable by strong persistent effort; but if you have any difficulty about it

or if you wish to continue it, there is no reason on the score of health why you should abandon it. You can use one of the many kinds of cheap night-lights sold in the shops, which burn for six, eight, or ten hours respectively. But on no account use gas for the purpose.

Many modern houses have gas laid on throughout, from the garrets to the cellars, each bed-room being fitted up with one or more jets, and there is, therefore, the greater necessity for my repeating the advice just given, never to leave the gas burning in your bed-room all night; the practice is most injurious, even when ventilation is effectively established. "A single gas-burner," Dr. Combe observes, "will consume more oxygen, and produce more carbonic acid, to deteriorate the atmosphere of a room, than six or eight candles. In Edinburgh, and most other towns of Scotland," continues the same writer, "gas has been introduced into the houses, and is now the light in general use; but in the absence of all means to ensure ventilation, beyond what is afforded by the chimney, there is reason to suppose that its introduction has proved injurious to the health of the community. Upon delicate persons, it certainly has a deleterious effect,

producing headaches and indigestion; but it is doubtful whether these consequences arise merely from the vitiation of the air, caused by the combustion of the gas being large in comparison with that produced by candles or lamps, or to some extent, also from minute quantities of sulphur remaining as an impurity in the gas. The custom which obtains in jewellers' and silversmiths' shops, of burning oil in preference to gas, owing to the tarnishing of the silver, which the latter more readily produces, and the fact, that it is impossible to preserve the more delicate plants alive in rooms where gas is burned, gives considerable support to the latter view. At all events, invalids should guard against burning large quantities of gas, when there is no provision made for ventilation. We believe that this is the unsuspected source of much bad health, and we have seen great benefit derived from substituting other lights for gas." If this statement be correct, as in the main it doubtless is, need it be pointed out how injurious must be the practice of burning gas in bed-rooms, especially when due care is not taken to purify their atmosphere by suitable ventilation?

This, however, is looking at gas only from a

hygienic point of view: it would be an injustice to pass from its consideration without a few words as to its economic or social character. In common with many others, I commenced my English career with a strong prejudice against it; but after three years' experience in its constant use, I have no hesitation in awarding preference to it before any other kind of light whatever for sitting-rooms, passages, halls, &c. The light it gives (if it be of good quality) is so clear, bright, and uniform, that if by any chance you are deprived of it, as in country houses, its manifest advantages will be readily felt and admitted, even by the most sceptical. It is not a good light to write or read much by; for these purposes a regular reading-lamp, with a shade so arranged as to throw the light directly on the page, is preferable; but for all other purposes, excepting for the bed-room, commend me to gas before the best managed moderator-lamp or the best wax-candles. To obviate any ill effects it is advisable to employ Faraday's lamp, which burns in a glass globe in such a manner that the products of the combustion are at once carried off, and prevented from mixing with the air

of the apartment. In an economical point of view, gas is preferable to ordinary lamps and candles required to give the same amount of light; and it is not only cheaper, but it is more cleanly and manageable. Its use is attended with no danger if due care be taken to see that the gas is properly turned off, and that the pipes are in good condition, so that there is no leakage. The smallest smell of gas in the house should call your immediate attention to the point at which it is escaping. With attention to these precautions, gas is as safe as any other form of light can be.

I fear that this letter has been of rather a discursive character. I commenced by intending to sketch briefly the points which, in my opinion, would conduce most to promoting a sound sanitary state of things in your bed-room arrangements; but I find, on looking over what I have written, that I have mixed up the subject with remarks on chimneys, gas, and other matters, which are wholly or partially irrelevant. I will, therefore, summarize the principal points, even at the risk of being thought tedious; the importance of the subject must be my excuse, for surely when it is re-

membered that fully two fifths, if not a larger proportion of the term of your natural life, are to be spent in your bed-chamber, everything connected with its sanitary condition must be admitted by all to be of the greatest importance.

First, then, let the room be large and lofty; let it be provided with an open fire-place, and with a ventilator fixed in the upper part of the window-frame; let no window-curtains (beyond a simple roller blind), nor any useless articles of furniture, impede the free circulation of air in the apartment; for the same reason, let not curtains surround your bed; discard a feather-bed, and substitute a good spring mattress; do not place your bed in a corner; do not heap upon yourself more clothes than are necessary to prevent your feeling a sensation of cold; be careful on rising that your bedding and bed-clothes undergo a thorough airing; establish a strict system of cleanliness; in fine weather, sleep with your window open, but when from the inclemency or coldness of the weather, or other cause, this is inadvisable, substitute the ventilator. If advisable, on account of excessive damp, to have a fire in the room, let it be so arranged that it is

out before you go to rest; do not go to bed with a fire, nor with gas burning in your room. These are the principal points to be attended to, and in my poor judgment, the closer they are followed the more refreshing will be your sleep, and the better, *cæteris paribus,* will be your general health.

LETTER VIII.

Food — Veal cutlets and mushrooms v. *bread-and-butter — Over-estimate of English viands—Fish—Meat—Vegetables and fruits—Variety of food in England—Ill effects of unvaried diet—Victualling a ship with geese—English cookery—Too great a variety at the same meal—Diet on arrival—First temptations—Safety can only be gained by experience—General principles—Dr. Beaumont's tables worthless as a practical guide—Circumspection necessary at first—Quantity to be regulated by individual experience—Highly seasoned dishes must be abandoned in England—Neglect of mastication—Frequency and time of meals—Avoid change—"Chota haziri"—Early craving—A good master makes a good servant.*

MY DEAR D.,

You may, perhaps, remember how often in times past we debated, with a seriousness becoming the gravity of the subject, what article of food we should each of us respectively indulge in on our first arrival at home. You, if I recollect rightly, decided in favour of salmon and lobster sauce; my own predilections, I know, were always in favour of veal cutlets and stewed mushrooms; and I daresay you may remember how disgusted we both were

one day by our mutual friend P., declaring that, for his part, the first thing he "should go in for" would be "English" bread-and-butter! Well, after all, P. was wisest in his generation; bread-and-butter may be had all the year round, whereas other articles, such as we had fixed upon, are procurable only at certain seasons. Witness myself for example. I arrived at home in the beginning of April—too early by six weeks or two months—and true to my long-cherished predilection, I ordered for my first dinner, veal cutlets and mushrooms: but, ah me! the cutlets were tough and burnt, and the mushrooms, the chief attraction, were pickled affairs, bought in a bottle at a grocer's, as different from my recollection of mushrooms as anything well could be. How could I expect otherwise? I had not taken into my calculation that mushrooms, fresh mushrooms, the mushrooms of my boyhood, are not in season before the end of summer, or the beginning of autumn. And so it may prove with your long looked-for salmon! You may arrive when it is not in season, and, even if otherwise, the chances are that it will not come up to your anticipation.

The fact is, that we in India are apt in our ima-

gination to over-rate English viands, and to invest them with more merits than they really possess; whilst on the other hand, the tendency is unduly to disparage those which fall to our lot in the far East. You may, perhaps, think that I am unconsciously acting on the converse principle, when I assert, that I have eaten as good, ay better, fowls and capons, better ducks, and better turkeys in India, than I have ever eaten in England; and that a good pomphret or seir-fish, is equal, if not superior in flavour, to the ordinary run of fish at home, to say nothing of its comparative cheapness.

And then as to meat. I remember being much struck with the remark of an old general, on his return to India from a visit home, that of all things in England, nothing had astonished him more than the butchers' shops! They are, it must be admitted, a just cause of wonderment to the uninitiated; indeed, about Christmas time, they constitute one of the sights of London, not only on account of the astounding quantity of the slaughtered animals, but from their stupendous size, and excessive fatness. It is far from my intention to say one word

in disparagement of English meat; it is, generally speaking, far superior to anything met with in India, or in any of the colonies, but I own that in recollection—it may be *only* in recollection—a young gram-fattened sheep, such as are raised in some parts of India, affords as fine flavoured and delicate mutton as any that I have ever tasted at home. Of the superiority of the veal and beef of Old England, there can be no question.

The vegetables will, I think, fulfil your most sanguine expectations; neither India nor the colonies, as far as my experience goes, can compete for a moment with England in the matter of green peas, new potatoes, asparagus, cauliflowers, broccoli, sea-kale, lettuces, &c. In these, England stands unrivalled, and you may feel pretty secure from disappointment. The same, however, cannot be said of the fruits. Gooseberries and currants, whether white, red, or black, mulberries, apples and pears, the delight of our boyish days, will not, I fear, come up to your expectations. It may be, that with advancing years, the taste in this respect, as in many others, has undergone a corresponding change; or it may be, that our relish for them has

been spoilt, by the use of more luscious tropical fruits, but it is to be feared that you, as I was at first, will be disappointed in the more ordinary English fruits. I speak only of my own feelings on the subject. Many differ from me on this point, and I know one man, who has had ample experience in both climates, who regards the worst English fruits as superior to the best tropical ones. According to my taste, strawberries (especially when mashed up with cream), raspberries, with the same accompaniment, peaches, apricots, and greengages, are the only English out-door fruits which can compete with a good graft mango, or "Malaya's far-famed mangosteen," the princes of Indian fruits. I put out of court the hot-house grape and pine-apple. These have claims *sui generis*, but their great cost prevents a man of ordinary means indulging in them as much as he could wish. The imported West Indian pine-apple is now common at our fruit-stalls, at prices varying from a shilling to half-a-crown, but those I have tasted are generally insipid, and vastly inferior to the same fruit eaten fresh in its tropical home.

One great advantage that England presents in the way of food, is the immense variety which it

offers for our choice. It may be looked upon as an axiom in medicine, that the continued use for a lengthened period of any one article of food, however wholesome and unobjectionable it may be in itself, is a fruitful source of dyspepsia and its attendant derangement of general health. That this is a common and frequently unrecognised cause of the dyspepsia so rife amongst tropical residents appears extremely probable, and much of the benefit which, under these circumstances, is often attributed to change of air, is in reality, in a greater measure, due to change of diet. One of the greatest difficulties I had to contend with, in treating this Protean disease amongst the higher caste natives of India, was arranging for variety in the way of diet, their caste prejudices prohibiting the use of so many articles, and thus restricting the choice within narrow limits. The ill-effects resulting from the continued use of one article of diet for a prolonged period receive illustration from a narrative once communicated to me by the captain of a ship trading between Canada and England. At the period of his sailing from the former country, geese were extremely abundant and cheap—cheaper even than salt junk; and being

desirous of saving his money, and thinking at the same time that the step would be acceptable to the crew, he laid in for his homeward voyage a large stock of geese, in place of the usual salt beef. At first all went on merrily as the marriage bells; but the winds proved adverse, the voyage was protracted to an unusual length, and the sailors, with scarcely an exception, and the captain himself, were attacked with aggravated dyspepsia, attended with diarrhœa, vomiting, and loathing of food as far as the geese were concerned. As the captain expressed it to me, the very sight and smell of a cooked goose made him sick. The health of the crew only improved, and that partially, after returning to salt junk, a supply of which was fortunately obtained from a ship with which they fell in at sea. Some of the sailors remained invalids till after their arrival at home. However, in England, in London at any rate, there is no reason for persisting in any one article of food, and you will do well to ensure a constant variety. You will thus take a step in the right direction towards warding off the invasion of dyspepsia.

I have said nothing of an incidental circum-

stance which gives to food at home one of its great charms as well as advantages; and that is, the superiority of the cookery, which, though looked down upon by our continental neighbours, is far better understood in theory and practice in England than it is in any of our colonies. From association, we may regard with partiality some particular dish, or dishes, peculiar to the tropics; but, on the whole, there cannot, I think, be a question as to our managing these things generally far better at home.

Whilst thus insisting on the importance of a variety of food, in order to maintain a healthy state of the digestive system, let it not be supposed that I am countenancing the practice of indulging in a variety of viands at the same meal. This practice is fraught with mischief. It proves detrimental in two ways; first, by stimulating and pampering the appetite, and thus often inducing us to eat more than is required for the sustenance of the body, or, in common parlance, "more than is good for us"; and, secondly, by introducing into the stomach, one after another, articles possessed of very different degrees of digestibility. Thus one portion of food, taken perhaps at the outset of a

meal, may be far advanced in the process of assimilation, when we introduce other articles which require the process to be begun *de novo;* and thus perhaps for hours—no unusual length of time for dinner in modern society—we keep up a state of excitement in the stomach, and inflict an unnatural strain on the powers of that organ, which cannot fail in the long run to weaken it, and lay the foundation of future disease. It is not expected, nor indeed is it desirable, that you should confine yourself to *one* dish; but surely for dinner, for example, fish or soup, followed by plainly cooked meat or poultry, with a due proportion of vegetables and bread, ought to suffice for any well-regulated stomach. If desired, a light pudding may form a third course. How few of us are contented even with this! It would be far better for our health and comfort if we were.

The careful regulation of your diet on your first arrival at home is a matter of paramount importance, and it is unfortunately one which you are extremely likely to neglect. There are so many things to tempt you—articles of diet in which your imagination has perhaps revelled in your

distant home. My friend, if you wish to avert an attack of dyspepsia, which it may take many a long day to get over, if you entertain any hope of enjoying these good things eventually, beware how you yield to the temptation. A little moral courage now will be amply repaid hereafter; or if you resolve to run the risk, knowing the cost, indulge your appetite with the greatest moderation. Temptation, in the way of diet, will perhaps first assail you, if you are coming home overland from the East, on your embarkation on board one of the P. and O. steamers at Alexandria. You arrive there, perhaps, with your frame debilitated by a long residence in the tropics; in this debility it is almost certain that your digestive system will partake in a greater or lesser degree. Be careful then not further to over-tax its strength by "going in," as the expression hath it, for too large a supply of that stewed rump-steak, or that rich fricassee, or that heavy pastry. Believe me, you cannot indulge in them to any extent with impunity; your stomach is not in a state to receive, nor is your digestive system in a state to assimilate, such viands, unless in very small quantities and at lengthened intervals; and even with these restrictions their safety is doubtful.

With due caution at first, you may perhaps be able to take these and similar articles with impunity at a later period of your English career; but if, after this warning, you indulge in them indiscriminately at first starting, you do so with your eyes open, and at your own peril.

Another advantage resulting from adopting this cautious proceeding at the outset is, that by feeling your way carefully, you will be able to ascertain, with comparatively little risk, what articles of food are likely to agree with you, and what are not. The knowledge thus gained is of great importance, for it is one of those subjects on which information can only be obtained by direct experiment and personal experience. It is enough to excite a smile sometimes, to hear people at home, who fancy themselves versed in dietetics, laying down the law as to the digestibility, that is, wholesomeness, or otherwise, of this or that article. The fact is, there is no law or rule in the matter, almost every one—nay, it may be said every one—has his own individual peculiarities in this respect; and the old proverb, "What is one man's meat is another man's poison," seems to be based on something like truth. General principles in die-

tetics are all that a wise man will pretend to lay down. Of all fallacious guides in the matter, perhaps, Dr. Beaumont's Table, which graces the pages of almost every book on food and diet, is about the most delusive. Dr. Beaumont's experiments were conducted on the person of a Canadian, by name St. Martin, who had a fistulous opening into the stomach, by means of which the exact time each article took to undergo the process of chymification could be ascertained with precision. The results thus obtained are carefully recorded, and as abstract facts they doubtless have a certain value; but as practical guides in determining the relative value, or the choice of articles of diet, they are worse than useless. From this table it appears that soused pigs' feet and soused tripe took each, respectively, one hour for digestion; while boiled fowl took four hours; wheaten bread three hours and a half, and roast beef three hours. But who, on the strength of these facts, would for a moment think of recommending, as a matter of practice, the use of soused pigs' feet and tripe, in preference to boiled fowl, roast beef, or wheaten bread? The recommendation would carry absurdity on the face of it. It may also be remarked, that

this table affords not the slightest clue to the relative nutrient powers of the articles enumerated.

The maxim laid down by Conaro, "Take in moderation that which agrees with you best," is sound and judicious; but, before you can follow it out, it is necessary for you to ascertain what does agree with you best. This is one of the first lessons you have to learn on entering on your English career, where so many viands surround you of which you have had no experience in your Indian or Colonial home; and, further, do not take it for granted that articles which agreed with you well enough in the tropics, will agree with you equally well under the altered circumstances in which you will find yourself placed at home. Many a man who took curry and rice daily in India, not only without inconvenience, but with satisfaction, finds that his favourite dish, when partaken of, even occasionally, at home, is apt to produce flatulent distension, eructations, and other disagreeable effects. It is all a matter of experiment. If you have ever travelled on an elephant over a marshy tract of country, you cannot fail to have observed how warily he steps, how he scrutinizes the ground, and how carefully he examines the spot on which he is

next to plant his huge foot. Take example by the elephant when you commence traversing, to you, the untrodden ground of English viands. You cannot be too careful, too circumspect at first, but when you know your ground and get on a familiar track, you may go on with greater confidence.

Deal honestly with yourself in the matter: if, in the course of your early trials, you find *something* disagrees with you, do not rest satisfied till you have discovered what the offending article is; do not be tempted to say, as people too often do, "Oh, it cannot be *that!*" because the article happens to be one which is peculiarly pleasant to your palate. If it should prove on examination to be injurious, summon moral courage enough to discard it, and in increased health and comfort you will find an ample reward.

How to follow the other part of Conaro's advice, quoted above, to eat with moderation, can, like that part which we have just been considering, only be determined by individual experience. What would be moderation in one man, would be excess in another. I daresay you know that it has been calculated that the average quantity of solid food required for an adult in health is about thirty-two

ounces weight, but the fact is, that the majority of people who return home after a prolonged residence in tropical lands, cannot take anything like this quantity without inconvenience. No general law can be laid down; use your own discretion, be guided in the matter by your feelings, discard scales and weights in determining the point, take sufficient to allay the cravings of hunger, and let the first feelings of repletion, distension of the stomach, or sense of oppression at the chest, however slight, be a warning to you that you have had more than enough. It is most injurious to load the stomach with articles which that organ has not the power to digest, and it is unwise thus to overtax it.

You must make up your mind, on your arrival at home, to abandon the *habitual* use of those highly-seasoned dishes which form the principal part of the diet of the people, both of the East and of the West Indies. In exhausting tropical climates this class of food may be necessary (though I am inclined to think that even there it is generally far more stimulant than the circumstances of the case require), but in our comparatively cold and bracing climate, the same course of diet cannot be pursued with impunity; it tends unduly to excite the stomach and

its secretion, and to lay the foundation of subsequent impairment and feebleness of its functions. Used legitimately in small quantities, condiments, such as pepper, mustard, chillies, pickles, &c., taken with plain food, certainly assist digestion—but their abuse must be carefully guarded against. It may seem like a truism, but the fact is practically ignored by many, that the free use of salt, taken with meals, is essential for promoting healthy digestion.

Whether it is part and parcel of the general constitutional lassitude generated by long-continued exposure to tropical heat, or natural or acquired laziness of disposition, or simply ignorance or inattention, I am not prepared to say, but it is a fact which has been repeatedly observed, that old residents in hot climates are too apt to neglect the laudable and necessary practice of properly masticating their food. To use a homely expression, they "bolt it," without taking the trouble to subject it to that process of mastication and incorporation with the saliva, which Nature intends all solid food to undergo previous to its introduction into the stomach. Nature furnishes you with teeth and salivary glands for this express purpose, and if

you habitually disregard their office, and neglect efficient mastication—an essential part of the digestive process—you throw a greater amount of work on the stomach than Nature ever intended it to perform. Hence you ought not to be surprised if that organ, especially in an enfeebled state, refuse to perform this extra work, and leave you a prey to dyspepsia, with its attendant train of evils. Take my earnest advice on this point, be careful thoroughly to masticate your food, and you will then avoid one of the many rocks on which others have shipwrecked their health.

If it has been impracticable to give you any precise rules for your guidance as to the choice of articles of diet, or even to define what is meant by moderation in their use, no less impossible is it to lay down precise rules, applicable to all cases, with reference to the frequency of meals, or the hours at which it is most advisable to take them. It is very much, indeed, it may be said chiefly, a matter of habit. Men will every day be found who pursue the most diversified, or even opposite plans, and yet present no great disparity as to general health. Some, acting on the principle of little

and often, will make four or five slight meals in the course of the day, whilst others confine themselves to two hearty ones; some will dine at two o'clock, and go to bed on a hot substantial supper; some will make a full dinner at six or seven, and touch nothing in the way of food till breakfast-time next morning; whilst others will eat nothing, excepting perhaps a biscuit, between an eight o'clock breakfast and a seven o'clock dinner. And yet in all these the health, *cæteris paribus,* seems pretty well on a par. Habit in all these cases is a great thing, and on your arrival at home, I would urge you not to let fashion, or anything else, induce you to depart, more than circumstances may oblige, from the habits, as to hours and frequency of meals, to which you have been accustomed in your tropical home. If a change in this respect is necessary, make it as gradually as you can.

There is one small meal—repast is perhaps a better name—in vogue in most tropical countries, which is comparatively unknown at home, except amongst invalids and old Indians, and which is deserving of a few words; it is that commonly known in India by the Hindústani name of *Chota haziri,* and in our English colonies as "*Early Tea.*"

It consists of a cup of tea or coffee, with or without a biscuit or slice of bread, the first thing in the morning. In the tropics, where men generally rise soon after, or even before, sunrise, and get through a great part of their daily work, or take exercise in the open air, before the breakfast proper, which often does not come off till nine or ten o'clock, something in the way of food is necessary to support the system, and to ward off that exhaustion which would inevitably ensue, if they abstained from all sustenance until the regular hour for breakfast had arrived. The *necessity* which exists under such circumstances for this pleasant repast, (for I hold it to be one of the real pleasantries of tropical life,) does not exist, at any rate to the same extent, in England; but still it is a custom which I conceive may be followed out on return home with comfort and advantage, especially in the case of persons long habituated to it, or by invalids, and where the breakfast hour, as it often is in England, is very late. Under these circumstances I look upon a cup of tea or coffee, taken one of the first things after waking, before the commencement of the labours of the toilet, as both refreshing and salutary. Many a man who awakes

early, as most old Indians by force of habit continue to do after arrival at home, and has to wait two or three hours before breakfast is ready, will be able, if he has had his cup of tea on rising, to enjoy that meal to his satisfaction, whereas had he fasted the whole time, the probability is that he would turn from it with disgust. If practicable, therefore, especially if you continue the habit of rising early, and taking exercise before breakfast, I would advise you not to abandon your old custom of early tea. If any objections exist to tea as a beverage, substitute coffee, a little milk and water, or thin gruel, or barley water; but do not allow too long an interval to elapse between the period of your first rising and your breakfast, without taking a small portion of some sustenance. Even in otherwise well-regulated houses at home there is, it must be confessed, some little difficulty in getting a cup of tea at an early hour; but this may be obviated by having one set aside for you after tea on the preceding evening, and warming it yourself by means of an Etna, or some kind of spirit-lamp, when you require it in the morning.

One hint more on the subject of food before concluding this letter. It is far from an un-

common occurrence for recent arrivals, and even for those who have been at home some time, to awake at one of the "small hours" of the morning with a distressing sensation of sinking or hunger, which, if allowed to continue unrelieved, effectually banishes sleep. In order to meet this state of things, it is advisable to keep in your bed-room a few plain biscuits, and to eat one or two of these to satisfy the craving. After having done this, and again retired to bed, it is extraordinary how soon you will fall into a refreshing sleep.

There is an old saying, "A good master makes a good servant," and if this be true, as it undoubtedly is, in domestic life, no less true is it with reference to the relation between you and your stomach in the matter of dietetics. Regard it as your servant; remember its delicate organization; treat it fairly; do not overtax its powers; do not throw upon it more work than it is in its province or power to fulfil: supply its wants regularly, without pampering or over-stimulating it, and, in its turn, it will serve you well and faithfully, and will contribute essentially to your health, comfort, and happiness. Abuse its powers, and treat it on principles opposed to those just advised, and

it will turn upon you, and wreak its vengeance by saddling you with dyspepsia and all its attendant evils. There is a point at which the above analogy ceases to hold good—you can always get rid of a bad servant by the payment of a month's wages; you cannot get rid of a "bad digestion" on the same easy terms, even if you succeed in doing so at all.

LETTER IX.

Beverages—Excesses in the tropics—A good opportunity for reform—Change necessary—French wines—Pure wine—The real test—Mixing wines—Bottled beer—Draught bitter ale—A fillip before or after dinner—The proper time for wine and beer—The amount taken should be regulated by exercise—Athletic exercise must not be resumed too suddenly on return home—Kinds of exercise—Walking—Horse exercise—The time for exercise—An object—Dress for and after exercise—Athletic sports—Croquet.

My dear D.,

If the regulation of eatables, as I have endeavoured to point out in my last letter, be a matter of so much importance in relation to health, no less is that of drinkables; indeed, it may be affirmed that it is even of greater importance. Over-indulgence in, or the improper use of, food, may entail certain ill effects on the bodily health of the individual who thus transgresses, whereas over or improper indulgence in drinkables, especially in strong alcoholic liquors, in-

juriously affects the mind as well as the body, and its ill consequences are not limited to the individual, but extend indirectly to his immediate relatives and friends, entailing on them misery, and often poverty and disgrace. It is not within the province of these letters to write a disquisition on the baneful effects of drunkenness, its debasing influence on mind and body is universally acknowledged; neither is it my present object to recommend you to adopt teetotalism; but where the choice, as is often the case, lies between the two, I feel assured that every right-minded man will agree with me in this—it is infinitely better to be a teetotaller than a drunkard!

In former times the free indulgence in alcoholic liquors was much more common in India and the colonies than it is at the present day. The "brandy-pawnee" of the East, and the "sangaree" of the West Indies, are happily now almost things of the past, or exist in a very modified form. Still a great deal more is taken by individuals in both hemispheres than is either necessary or desirable: one man, for example, will take beer at breakfast, tiffin, and dinner, with perhaps an additional glass or so before going to bed. This is the regular

beer-drinker, who, as a sort of justification of his conduct, is constantly reminding you that he takes nothing else! "No wine, no spirits, only beer, and nothing but beer!" Another man, on account of the heat, or on account of the cold land wind, or because he feels tired—any excuse will do—will take half-a-dozen, or more, glasses of pretty stiff brandy-and-water in the course of the day. These are but samples of a class, and unfortunately they are only too numerous. Should these letters fall into the hands of any such who are about returning, or have recently returned home, let me point out how appropriate is the present time for reformation in this respect. The new *régime* upon which you are entering at home is most favourable for breaking off this habit—for simple *habit* it is with many. You will find it less difficult now, when you are changing so many of your other habits, than at any subsequent period. If you do not do it now, you probably never will. Only be perfectly assured of this, that it will be impossible for you in this cold bracing climate to pursue the same system with impunity. It is not the too-indulgent class alone, however, who experience the impossibility of keeping up the

same stimulant system in the way of drink, that they have been in the habit of pursuing in India and our tropical colonies. All feel this more or less, especially at the outset of their English career. The port and sherry, which were partaken of with so much freedom and gusto in the tropics, prove heavy, heating, and injurious at home; the same effect is experienced in the use of bottled beer, hitherto so grateful. You will find that you cannot indulge in them, to the same extent that you have been in the habit of doing, with comfort or safety. Nor, indeed, considering the differences of climate, and the influence they respectively exercise on the constitution, are they necessary. In the matter of drinkables, no less than in that of eatables, you must commence *de novo*, and ascertain for yourself what does and what does not agree with you.

I have no hesitation in recommending you to commence with the use of light French wines—claret, Bordeaux, or Burgundy. Since the reduction of duty on these wines has been effected, they can be had both of good quality and at a cheap rate, and they may generally be partaken of without any of those subsequent ill effects—head-

ache, languor, nausea, and oppression at the stomach, which are so often experienced after indulgence, however moderate, in the brandied port and sherry in common use. Some people are haunted with a fear that the use of this class of wines is apt to induce acidity of the stomach; but as far as my own experience goes, and according to the recorded experience of others, the fear is wholly groundless. When objections exist to these French wines, Hock or Moselle may be tried, or some of the Hungarian, Italian, or Greek wines, which have of late found their way into the English market. The great thing is to secure pure wine, and, as a general rule, these French and German wines are far less liable to adulteration than port and sherry—indeed it is notorious that both these latter wines are extensively *manufactured* for the English market.

Equally with viands, you must discover for yourself what wine agrees with you best. "The only real test for wine," observes Dr. Druitt, "is the empirical one. It is impossible to dogmatize on it *à priori;* to say that such a wine, for instance, must be good in such and such cases, because it contains certain ingredients. The only questions we need

ask are, not what is the chemical composition, but do you like it, and does it agree with you and do you no harm? The stomach is the real test-tube for wine, and if that quarrels with it, no certificate of Liebig and no analysis are worth a rush!"

Dr. Paris, in his excellent "Treatise on Diet," one of the most practically useful works on the subject in the English language, lays it down as a rule that a mixture of different wines is a common source of indigestion. My own observation would lead me to modify this statement, substituting the word "certain" in place of "different" wines—for example, the mixture at the same meal of port and champagne, is a combination often productive of headache, &c., on the following morning; whilst if sherry be substituted for port, no perceptible ill effects result. The most generally obnoxious mixture is one of the sparkling wines, champagne or Moselle, and beer; few can take both these liquors at the same meal without feeling subsequent ill effects. Some men, however, will take any number of different wines at one sitting with impunity. These are exceptions to the general rule.

I have already noticed the fact, which, however,

you will soon discover for yourself, that you cannot continue at home the use of bottled beer, which has perhaps formed your staple drink in the tropics for years. It will be found frequently to give rise to heartburn, gaseous eructations, flatulent distension of the stomach, and other symptoms indicative of its disagreeing with you. It must be left off; but fortunately an excellent substitute is at hand in draught ale, which, whilst it is cheaper, may generally be taken in moderation without any of the ill effects just mentioned. But you must be careful to get really good pale ale direct from the brewery, not the common public-house beer too often supplied. It is very much the fashion amongst professional men at home to decry the use of beer, and to advocate some light French wine in its place. I am quite prepared to admit that there are certain forms of dyspepsia, and other morbid states, in which beer is inadmissible; but in persons whose lives have been passed in tropical climates, who for years have been accustomed to it, and who have returned home free from actual disease, especially of the digestive system, its continued use at meals appears to me to be not only not injurious, but

salutary. One, or even two glasses of pure bitter ale taken at dinner, as far as my experience goes, act as a good, mild, agreeable tonic, and may generally be taken with benefit. Should it, however, be found to disagree, as in individual cases it occasionally will, nothing is easier than to discard it for claret, or other light French wine. No one can condemn more strongly than I do the practice, too common amongst many, of indulging in beer at all hours of the day. To be beneficial, its use should be limited to meal-time.

It was an almost universal custom amongst the planters of Jamaica, in my time, to precede dinner by a glass of wine and "bitters." How far this plan may be now modified I have no means of knowing. In the East Indies, at least at "up-country stations," a glass of wine, minus the bitters, is no unusual prelude to dinner, even at the present day. It is taken with the professed view of stimulating the appetite, and of enabling the stomach to go through the labour which is about to be imposed upon it. On the other hand, it is a very common practice in civilized society, in both hemispheres, to conclude dinner with a glass of maraschino, curaçoa, or

other liqueur, with the object of assisting the process of digestion. Both of these practices are opposed to the commonest principles of hygiene, and however long you may have been accustomed to the one or the other, or to both, you must leave them behind you when you return home. These supposed aids to digestion are not only unnecessary, they are positively injurious. What would be thought of a master, who would deliberately say to his servant, "The work I am going to give you to do will be too much for the unaided powers of your constitution, so take a glass of brandy before you commence, to enable you to get through the work," and who, when the task is all but completed, would ply him with another glass of some other strong stimulant, with the view of enabling him to finish it; and would continue this practice, not once or twice, but day after day for years perhaps? One of two things would be the result, either the poor fellow would be wholly unable to perform his daily task without his accustomed stimulus, or he would break down even under its continued use, and become wholly incapacitated for work at all. And this is precisely the condition in which people, who systematically

follow out the above practice, will, sooner or later, place that most useful of all servants—the stomach. If your appetite fails you, and your stomach and digestive organs are not in a condition to take requisite food, endeavour to re-establish their tone by suitable remedial means, but do not, day after day, have recourse to such fallacious palliatives as those I have just mentioned.

The proper time for wine, and equally for beer, is not before dinner, nor after dinner, but *at* dinner, it should be taken *with* our food. And thus taken, it exercises an appetizing effect far superior to that which is obtained by a "whet" immediately before a meal. *Probatum est.*

In regulating the quantity as well as the quality of your drink (and the same remark is equally applicable to food), be guided in all cases by the amount and character of the exercise which you are in the habit of taking. The student and the sedentary man naturally require less in quantity, as well as quality, than the robust adult who is engaged in active out-door pursuits.

This leads me to say a few words on the subject of exercise, and, did the limits of these letters admit, I could enter on its consideration to

a considerable length. As it is, I shall confine my remarks to a few points, which have a special interest for you and others similarly circumstanced.

First, then, on your return home be careful to regulate the amount of the exercise you take according to your strength and powers of endurance. The importance of exercise in the open air for the maintenance of a sound state of bodily health cannot be over-rated; but, in order to prove beneficial, it requires to be regulated by the circumstances in which the individual is placed, the state of his health, his previous habits, &c. Now, in India, and in most of our tropical colonies, the amount of walking exercise taken by the majority of the European residents becomes reduced to a minimum. Some, indeed, never take a walk, that is, anything deserving of the name, from year's end to year's end. All the exercise which is taken, and this in the aggregate is not much, is on horseback, or in a carriage, or palanquin, or some other vehicle. The heat of the climate and other circumstances indispose to active walking exercise. Now a person habituated for years to this style of life cannot make a greater mistake, on his first

arrival at home, than to commence a system of active exercise, or to indulge in athletic sports, such as he was wont to enjoy in years gone by. He cannot do so; his muscles, from long disuse, have lost much of their original strength and contractility, whilst the powers of the circulatory and nervous systems have become impaired by the combined influence of tropical heat and advancing years; hence active exercise cannot be borne without fatigue, attended with palpitation, shortness of breathing, &c. Sir Ranald Martin states that he has seen permanent disturbance of the heart's action follow over-exertion under such circumstances. Commence, therefore, gently at first; if a walk of two miles fatigue you, walk a mile, or if that is too much, reduce it to half a mile. By moderation at first, you will soon find your powers of endurance in a great measure, if not wholly, restored. In the course of time, you will be able to stand active exercise quite as well, if not better, than men of your own age who have never resided out of England. Caution on this subject is the more necessary, as it is a common belief amongst people in the tropics, that when once more at home, under the influence of a bracing climate, they

will be able to do just as they like in regard to active exercise.

Secondly. Care is necessary in adapting the kind of exercise to the circumstances of your individual case. There can be little or no question that walking, the natural mode of progression, is best suited for the majority of people, and that it is the best and most healthful of all kinds of exercise, due regard being paid to the strength and habits of the individual. On your first arrival, you may, perhaps, find it very wearisome, and you will do wisely by not commencing too vigorously. With a little caution at first, when the tone of the muscular, circulatory, and nervous systems has recovered partially or wholly from the debilitating effects of long-continued tropical heat, there is no measure more calculated to the maintenance of sound health than the habit of taking *regular* walking exercise.

It is not, however, suited to all alike; persons who are suffering from disease of the heart, or some chronic lung affections, or rheumatism, or who are simply greatly debilitated, or those who with increasing years acquire increased *embonpoint* (to use a mild term), are unable to walk much with any degree of comfort, or perhaps even with

safety. Under such circumstances some other kind of exercise must be adopted; driving or riding, or even the mildest of all forms—being drawn in a Bath-chair—may be substituted. The great thing is to take exercise, however gentle, in the open air, and if you manage this, being careful always to avoid fatigue or exhaustion, it will contribute essentially to your health and comfort.

One separate word on the subject of horse exercise. Riding having been for years, with a very large proportion of tropical residents, the principal form of exercise, its use may generally be continued with great advantage on their return home, when pecuniary and other circumstances permit it. But, like walking, it is not suited to all alike, nay, used in improper cases, it may prove positively injurious. Those to whom it is likely to prove so are chiefly persons who have recently been, or who are still suffering from disease of the liver, from dysentery, or other affection of the abdomen. In riding, all the muscles of the trunk are brought more or less into action, but those of the abdomen have, perhaps, the greatest amount of work thrown upon them; and it is easy to comprehend how their action, pressing irregularly, and even sometimes

violently on the viscera within, especially when these are in a diseased or abnormally sensitive state, is likely to prove prejudicial. Under such circumstances, a ride on a hard trotting horse is likely to increase the original evil. This remark of course loses much of its force if the pace of the animal be restrained to a quiet walk, but how few of us, once on horseback, are content with such a "slow" proceeding.

Another class of persons from the tropics, and that a numerous one, to whom horse exercise appears to me to be prejudicial or unsuited, comprises all those whose nervous systems have become debilitated by long continued exposure to tropical heat. Here the mischief to be feared is rather of a mental than of a bodily description. The very management of the animal, if it be inclined to give trouble, produces a degree of anxiety, and requires forethought and presence of mind, that few, very few of the class I am alluding to are capable of exercising without painful exertion. The mental anxiety, fright, if you like to call it so, thus excited, more than counterbalances any benefit to the general health, which under other circumstances might be expected from the bodily exercise. In

these cases mental quietude is the principal indication, and anything which tends to disturb or destroy it should be avoided. In this category must be placed horse exercise. At a subsequent period of home life, when the nervous system has acquired increased tone, it may, however, be resorted to with manifest advantage. On the simply dyspeptic, riding has often the best effects.

Some attention is also requisite as to the periods of exercise. All, however, that it is necessary for me to caution you against, is taking violent exercise of any kind either immediately before or after a hearty meal. A quiet stroll at either period is not objected to; but all exertion should be avoided, as interfering with the due performance of the digestive functions. If you continue the system of taking exercise before breakfast, do not take it on an empty stomach; a cup of tea or coffee, or a slice of bread will suffice, but take something. On this point I have already spoken, so I need not detain you again upon it.

If possible, always have an object in view in whatever exercise you engage. It is extraordinary what a difference it makes; you may go double or

treble the distance without fatigue, if you have some object in view, than you can if you have none. This fact you have probably learnt in your tropical experience; it is almost universally recognised, but I would recall it to your mind on your return home. In this is to be found one of the great advantages of adopting some occupation, on which I have laid so much stress in my second letter. It signifies little what it is, whether it be to visit the sick, to gather a flower from a certain spot, or even to collect prints of cats, to which allusion has before been made, so long as you have an object. "Constitutionals," as they are called, are all very well in their way; and you had better take exercise thus than none at all, but an aimless walk is generally wearisome, and of comparatively little value as far as health is concerned.

In engaging in exercise another thing which requires attention is dress. For that of the passive kind, as driving or yachting, much more clothing is of course required than for walking or riding. The object of clothing, namely, to prevent the too rapid abstraction of caloric, or in other words, to prevent a chill, should always be borne in mind. In passive exercise this may be effected simply by

wearing a sufficiency of clothing; in the case of active exercise, it requires more management, and is more difficult of accomplishment. When the body is much heated, and the perspiration is profuse, the shirt, especially if of a linen material, soon becomes saturated with moisture; and this, lying in immediate contact with the skin, continues to abstract caloric from the body until a chill ensues. To obviate this, you should keep your body in gentle action till you get home, and then at once change your clothes, substituting dry and warm ones for those you take off; premising a good friction of the surface with a rough towel. In less extreme cases, where the perspiration is not profuse, it will suffice to keep moving gently about, and gradually to diminish the amount of outer clothing, until the temperature of the body is reduced to something like the natural standard. I need hardly say how dangerous it is, when the body is greatly heated, after much exertion, to expose yourself to the action of cold wind, thus checking the perspiration, and inducing the rapid abstraction of caloric. Such imprudence has repeatedly been followed by serious and even fatal effects.

Of the more violent kinds of exercise, as cricket,

athletic sports, and so forth, I need say little, as there are very few men, the greater part of whose lives have been spent in the tropics, who have either the desire or the power to engage in them; nor, indeed, in the majority of cases, would they be safe, until the tone of the system has been re-established by suitable means. There is, however, one game, much in vogue at the present day, which I conceive may be engaged in, not only without danger, but with positive benefit, even by those whose frames are in some measure debilitated—I mean croquet. The amount of exertion required is small, still it entails exercise in the open air, all the muscles of the trunk are brought more or less into use, without any excessive strain upon any one of them, at the same time, if played scientifically, it requires considerable attention and skill, the latter being soon acquired, and—an advantage of no small magnitude—you have the companionship of the young and cheerful of both sexes.

LETTER X.

Baths—Twofold use of bathing—The functions of the skin—Insensible and sensible perspiration — Quantity — Constituents — The effects of checked perspiration—Structure of the sweat glands—Number and extent—Causes of obstruction of the pores—Necessity of bathing in England no less than in the tropics—Form of bath most easily obtained in England—Water alone insufficient for cleanliness—Temperature—Friction—Bathing a tonic or a stimulant?—Abuse of cold bath in tropical countries—Other forms of bath—The Turkish bath—Cautions.

MY DEAR D.,

To one who, like yourself, has for years been accustomed in your tropical home to indulge in the luxury of one or even two baths daily, it may seem almost a work of supererogation to enlarge on the subject of baths and bathing; but if such be your impression, I feel assured that a short experience of home life will serve to show that a few remarks on the subject are neither misplaced nor uncalled for. You may perhaps

think, as many have done before you, that you will never be able to get on at home without your accustomed bath; but you will soon learn that your preconceived opinions on this, as on many other subjects, must undergo some modification in practice in our cold northern latitudes.

To understand rightly the influence of bathing on the organism, it requires to be looked at from a twofold point of view: first, as a local cleanser and stimulant of the skin and its secretions, and secondly, as a general or constitutional tonic, especially of the nervous system. On bathing in both of these characters it is necessary to say a few words.

First then, as a means of cleansing and stimulating the skin and its secretions. You will not be in a position to estimate its importance in this character, without an acquaintance with the leading functions of the skin, so I shall make no apology for detaining you for a few minutes in glancing at them.

You are doubtless aware that the skin is the seat of the perspiratory system, from which, under all circumstances, an exhalation (perspiration) is being constantly evolved. The amount of this differs considerably at different times, and under

different conditions. Whilst the body is at rest, it passes off in the form of an imperceptible vapour, hence termed *insensible perspiration;* when, however, the body is heated by active exercise, solar heat, stimulants, &c., the exhalation becomes manifestly increased in quantity, and it then is designated *sensible perspiration.*

The quantity of perspiration has been variously estimated at from twenty-five to thirty-three ounces in the course of the twenty-four hours; of this the great portion, of course, is water; a small proportion, about one per cent., consists of salts and organic solid matter. "Mentioned in detail, the substances contained in the perspiration are animal matter, gases, acids, alkalies, calcareous earth, metals, salts, and probably a simple body, sulphur. Among the animal matter occurs a small quantity of fat and pigment. The gases are the carbonic acid, which is most abundant after a meal of vegetable food; and nitrogen, which is most largely given off after animal diet. The acids are butyric, lactic, acetic, hydrochloric, phosphoric, formic, and sulphuric; the alkalies, soda, potash, and ammonia; the metals, peroxide of iron, and possibly copper and lead in minute

quantities; and the salts, a long list formed by the combination of the acids with the alkalies and the lime. The principal salts are the chloride of sodium, carbonate, phosphate, and sulphate of soda, chloride of potassium and acetate of potash, lactate and hydrochlorate of ammonia, and phosphate and carbonate of lime."

When the perspiration is checked, as is observed by Mr. Erasmus Wilson, from whose work on the skin the above is a quotation, either from disorder of the skin or from cold, these matters fail of being removed, and are circulated through the system by the blood. Under favourable circumstances they are separated from the latter by the kidneys, the liver, or the lungs, but not without disturbing the equilibrium of action of those organs, and sometimes being the cause of disease.

This sketch would be incomplete without a glance at the structure of the apparatus by which the perspiration is secreted; for secretion it is, and not merely a watery exudation, as our forefathers imagined. It consists of an immense number of small glandular bodies imbedded in a layer of fat, situated immediately beneath the

true skin. Each gland is composed mainly of the convolutions of a minute cylindrical tube, one extremity of which, piercing spirally through the three layers of the skin, opens in an oblique direction upon the epidermis or cuticle, and constitutes what is termed a pore. It is through these pores that the perspiration, both sensible and insensible, makes its exit from the system. The number of these pores differs in different parts of the body; but, on an average, it has been calculated that they amount to about 2800 in the square inch. Now, the number of square inches of surface in a man of ordinary size is calculated to be about 2500; so, supposing these figures to be correct, the total number of pores amounts to just seven millions! Each of the perspiratory tubes has been found to measure about a quarter of an inch; so that the total length of the perspiratory tube amounts to 1,750,000 inches, or 145,833 feet, or 48,600 yards, or nearly twenty-eight miles.

Nor is this all. In addition to the above, there are located in the corium, or true skin, numerous glands, whose province it is to secrete a peculiar oily fluid, which is conveyed to the

epidermis or cuticle by means of minute tubes distributed over its surface. This oily fluid answers at least two purposes: it serves to lubricate and protect the skin from external influences, and to assist the perspiratory glands in the elimination of noxious principles, which, if left in the system, would prove detrimental to health.

In regard to both the perspiration and the oily secretion, it is equally the fact that only a portion of their constituents is evaporated, another portion, including the more solid constituents, as saline particles, albuminous, and oleaginous compounds, is deposited on the skin, and if this be allowed to remain undisturbed for any length of time it forms a kind of incrustation, which obstructs the pores, and prevents that drainage of the system so essential to health. This obstruction is further increased by impurities from without, as dust, &c., becoming incorporated in the secretions, and deposited together with them on the skin, when their fluid portion is given off by evaporation.

A further degree of obstruction of the pores arises from the changes which the epidermis or cuticle is constantly undergoing during the process

of renovation. It would be beyond the limits of these letters to enter into a physiological history of this process; suffice it to say that the epidermis is being constantly renewed and repaired, and that during this process minute scales become detached from the external surface, which, unless removed by some mechanical means, remain in contact with the cuticle, and impede the perspiratory process.

I fear that you may think these details not a little prolix; but, even at the risk of wearying you with them, I have thought it better to place them before you at some length; feeling convinced that no abstract advice of mine would carry with it the same weight as a bare enumeration of facts, such as I have given above. You cannot fail to be struck with the immensity, and at the same time the wonderful minuteness, of the cutaneous glandular apparatus; and you cannot help feeling, I think, that it is intended to answer some important purpose in the animal economy. Important indeed, for by the combined action of the perspiratory and oil glands of the skin, nature furnishes the means of separating from the blood, and throwing out of the system, certain principles which could not be retained without deranging their

functions; their action serves to eliminate noxious or effete matters, to relieve the lungs by the evolution of carbonic acid gas, to regulate the temperature of the body, to render the surface moist and pliable, and to protect it from external influences.

But perhaps you will say, Why should you take the trouble to point all this out to me, or to one like me, who every day of my life for many years have never neglected the use of the bath, and without which, even at home, I feel that I should be uncomfortable? My dear friend, do not deceive yourself in the matter. In the tropics you adopted and kept up a system of bathing, partly because it forms part and parcel of tropical life, as a matter of daily routine; partly from the means being always ready at hand for indulging in it; and partly from the pleasurable sensations which accompanied and followed its use, and this you have done without a thought, or perhaps in ignorance, of the physiological relation between the practice and your physical well-being. You are quite right to have followed the practice, but you adopted it and carried it on without any regard to principle.

Whatever your feelings may at present be on

the subject, it is quite within the range of probability that on your return home, where with large classes the daily bath is the exception, not the rule; where the means of indulging in it are not so readily at hand; where you do not feel the same necessity for it that you did in your tropical home, it is quite within the range of probability, I say, that you may almost unconsciously let it fall into disuse; and that in time you may be led to adopt the opinions and practice of those, the majority, alas! who consider that to wash the hands and face, and perhaps the neck, is all that is required to constitute cleanliness. I believe that this has been the experience of hundreds who have preceded you from the tropics.

The daily bath is no less necessary in England than it is in the tropics, though its claims may not be so manifest to the feelings; nay, I think it may be safely averred, that as far as health is concerned, there is a greater necessity for it at home than in warmer climates, for in the latter the sensible perspiration, in consequence of the stimulus of solar heat, even whilst the body is at rest, is so profuse, that it carries before it all the matters which are likely to cause obstruction of the cutaneous pores, and

thus keeps them in an open state: the pipes, in fact, are kept flushed by the stream of perspiration which is constantly passing through them.

I am prepared to admit that defects in the construction of the houses in England, and the absence of a regular bath-room, render it a matter of difficulty, if not of impracticability, to carry out the bath in all its integrity, as it is employed in the tropics, and fortunately it is not needful that it should be. For the purposes of health, a modified form of bath, which may be had without inconvenience in almost any establishment, is all that is required. That which I specially commend to your notice, under such circumstances, is the sponge-bath. For this all the requisites are a large open shallow vessel, or sponging bath, procurable at a small cost at all ironmongers, a can of water, a wash-hand basin, and a large sponge. Divested of clothing, standing or sitting down in the bath, the bather empties eight or more spongefuls of water in succession over his body, commencing with one over each arm, then two or three over the front, and as many over the back of the trunk, and lastly one for each of the lower extremities. The body should then be dried rapidly and thoroughly by means of a rough towel,

used with a medium amount of force, so as to excite a degree of glow on the surface, and the toilet should be at once commenced. The hands and face may be subsequently washed in the usual manner.

The above is the ordinary form of sponge-bath which may be used daily by most persons, not invalids, during all seasons of the year, with manifest advantage to health and comfort. Water, however, is insufficient to ensure perfect cleanliness; it dissolves and removes the saline particles and some of the other matters deposited on the skin, but leaves untouched the oleaginous deposit. For the removal of this latter we possess a most efficient agent in soap, which acts upon it in virtue of its alkaline constituent. It is not necessary to have recourse to this more than twice a week, but when done it should be done effectually. The hand, in such a case, is the best rubber you can employ. After the surface of the body has been well sponged, rub the soap in over the whole of the surface within reach, and then with the moistened hand commence friction till a good lather is the result. This having been done as thoroughly as practicable, pour more water over the body to wash

off the lather, and proceed to dry the surface as in the case of the ordinary bath.

It has been alleged that soap has a tendency in some persons, whose skins are peculiarly sensitive, to create irritation. It may be so; but my memory furnishes not one single example of the kind. Good plain white or yellow soap is unequalled as a detergent by any of the scented fancy soaps now so much in use. Glycerine soap is perhaps preferable in some cases where the skin is affected with eruptions, fissures, &c.

In the above directions I have said nothing about the temperature of the water, which, however, is a most important consideration. For the young, healthy, and robust, cold water may have advantages in the way of producing agreeable sensations, and even vigour; but for you, for old residents in tropical lands returning to Europe, for whose special edification these letters are written, I believe it to be wholly unsuitable and inadvisable. As far as my experience goes, not one in a hundred of this class can indulge in *cold* bathing with impunity.

Equally objectionable for bathing purposes is hot water, the continued use of which tends to debilitate the skin, to impair its powers of properly

performing its functions, and to render it morbidly sensitive to atmospherical changes. As a general rule, tepid water, from 60° to 75° Fahr., is best adapted for the purpose, but in deciding on the temperature, the feelings of the individual are a far surer and better guide than the thermometer; it should be sufficiently warm to prevent the slightest possible "shock" on its first application to the surface of the body, and if this precaution be attended to, the subsequent reaction will be proportionally small. A violent shock and a violent reaction are equally to be avoided.

By no means an unimportant consideration in the use of the sponge-bath, as well as of all other kinds of baths, is the friction which follows, or rather should follow its employment; but even in this apparently simple matter some discrimination is required. No good object is to be attained by overstimulating the skin by this process. Generally speaking, all that is required is a gentle glow induced by the use of a rough dry towel; but where the system is languid, or below par, and where the skin is habitually cold and inactive, a short friction by means of a horse-hair glove, or flesh brush, may be resorted to with advantage. The grand object

ever to be held in view throughout the process, is to keep the skin in a free and healthy state, and by removing impurities from the pores, to enable the whole cutaneous system efficiently to perform its functions.

I have entered at so great a length on bathing in its character of a cleanser of the skin, that I have left but small space for its consideration as a general or constitutional tonic; but this is of less consequence, as I have comparatively little to say upon it, and that little not much in accordance with the views generally entertained on the subject; indeed, by many I fear that my views will be regarded as not far short of heretical. I frankly confess myself sceptical as to the alleged powers of cold bathing as a tonic.

What is the true definition of a tonic? A tonic is a remedy which, without any immediate or manifest operation, imparts in a gradual manner permanent vigour or tone to the system generally. Now, how do the phenomena which attend the employment of the cold bath correspond with this definition? The administration of the cold bath, so to speak, cannot be said to be unaccompanied by immediate or manifest operation. There is

first, a decided "shock" on the nervous system, followed, after a short interval, by manifest exhilaration or stimulation, and by subsequent depression. In these respects it far more nearly resembles a stimulant than a tonic, and to the former class, in my opinion, it properly belongs. Increased vigour or tonicity may or may not be its ultimate effect; but it appears to me that the violence of its operation in the first instance, justifies our removing it from the list of tonics in a therapeutical sense of the word. It is not denied that benefit, under certain circumstances, follows the employment of the cold bath; but this is not due so much to any tonic property inherent in the remedy, as to the indirect effect of its operation in cleansing and stimulating the cutaneous system.

Whether these views are theoretically correct or not, may by some be doubted; but, as a matter of practice, I think it will be admitted by all who have paid attention to the subject, that the cold bath, as I observed in a former part of this letter, is unsuitable for tropical residents on their first return home, especially if their constitutions have been in any degree impaired by residence in hot climates.

I may here remark, by way of parenthesis, that to the best of my belief the cold bath is greatly *abused* in tropical climates. It is far too indiscriminately employed, without reference to age, sex, or state of the constitution; nay, its use is often continued in the face of the plainest contra-indications. For the last twelve years of my tropical life I relinquished it, having found that its effect was to produce a sense of weight and fulness in the region of the liver, indicative of congestion of that organ. I believe that many a case of dysentery and hepatic disease might, if closely inquired into, be traced to the employment of the cold bath whilst the body has been in an overheated state. Tepid water, *i.e.*, water with the chill taken off, produces all the beneficial, minus the probable ill, effects of cold water under such circumstances.

I need not detain you with observations on the hot bath, or the douche, or the shower bath, or the vapour bath, or even on sea-bathing: they are all powerful, and when judiciously employed, valuable remedial measures in the treatment of deranged or diseased states of the system; but they should only be employed, under medical advice, as the circumstances of each individual case may require.

There is, however, one form of bath—the Turkish bath—now much in vogue, which merits a few words, its influence being powerfully for good when judiciously employed. It is essentially a hot-air bath, although when followed, as it usually is, by cold ablution or affusion, it partakes more of the character of a transition bath. Its immediate effects are manifested chiefly on the skin, exciting profuse perspiration; and by this means it serves to relieve any tendency that may exist to internal congestions. It possesses decided superiority over all other forms of vapour baths, and its occasional use by persons recently returned from tropical climates is often attended with beneficial results. I would, however, caution you against the employment of the affusion of *cold* water, or of the cold plunge bath, at the termination of the sweating stage of the process. Tepid or lukewarm water is far preferable for this purpose, for reasons which I have previously mentioned. After the bath is finished, you cannot take too much care in protecting the body from the action of cold winds and atmospherical vicissitudes. The Turkish bath cannot be taken by all persons with impunity. To individuals of a full plethoric habit, especially where

P 2

there is determination of blood to the head, and a tendency to apoplexy, it may even prove dangerous; and this remark applies almost equally to those who are suffering from heart disease. In these, and in some other cases, it is better not to commence the use of these baths except under medical advice.

I cannot conclude this letter without entering my protest against the pernicious practice of applying powder to the skin, so prevalent amongst ladies, especially those from the tropics. Whether used as a cooling application, or as a cosmetic, it is equally objectionable. The powder, filling up the pores, causes obstruction of the cutaneous exhalations, the free escape of which, as I have endeavoured to show in a previous part of this letter, is so essential to good health.

LETTER XI.

Medical hints—Recapitulation—Change of climate alone seldom a sufficient remedy in tropical diseases—Dysentery—Dyspepsia—Causes of Dyspepsia—Caution against an exclusive reliance on Medicines—Amateur practitioners in the tropics—The abuse of Purgatives—Mercurials—The disuse of Mercury in the treatment of tropical diseases—Quinine—Cases in which it fails—Mineral Waters—Tropical affections in which Chalybeate, Saline, and Sulphurous Waters are indicated—Inferiority of imitations—Mineral Waters should be drunk at their original sources—Warning against depletion and lowering remedies.

MY DEAR D.,

You ask me to furnish you with some medical hints for your guidance on your return home. If by this you mean, will I supply you with a system of domestic medicine *in parvo*, I fear that I must decline, for two reasons; first, because these letters are not a suitable vehicle for conveying such information; and secondly, because it would be impracticable to compress within their limits all that it would be necessary to say on the subject,

and garbled information respecting it would be worse than useless.

I believe that if you act upon the suggestions offered in the preceding letters, you will find that you have taken some steps, at any rate, which will conduce to the establishment and maintenance of a good state of bodily health. Let me recapitulate a few of the most prominent and important of them.

1. Engage in some occupation, selecting that which is most genial to your natural disposition, or to your acquired habits and tastes; and, if possible, let it be one which will require a combination of mental employment and out-door bodily exercise.

2. Remember that England has several climates, differing much from each other in temperature, humidity, and other physical conditions, and select a residence according to the individual requirements of your case.

3. In determining upon a residence, pay particular attention, not only to the site, as far as elevation, soil, and aspect are concerned, but also to the state of the drainage, ventilation, and water-supply.

4. In your clothing, be careful always to wear

woollen garments next to the skin, and to select for your other attire materials sufficiently thick to protect your body from atmospherical changes, and yet sufficiently porous to allow of the escape of cutaneous exhalations. Never go out unprovided with an umbrella, for protection alike from rain and sun.

5. In your sleeping apartments establish, by means of ventilation, a free circulation of air by night as well as by day. Discard featherbeds, and unnecessarily heavy bed-clothes.

6. Pay particular attention to your diet, and especially, on your first arrival at home, avoid richly cooked and too heating viands. Ascertain by careful experiment what articles agree with you best; of these partake with moderation.

7. In respect to drinks, likewise, use the utmost moderation, avoiding all that are likely to over-stimulate the system. Light French and German wines are the best to commence upon, and they will often be found preferable, for general use, to malt, and stronger alcoholic liquors.

8. Make it a practice to take daily out-door exercise; if walking (the best of all forms of exercise for the healthy adult) be impracticable from

any cause, substitute passive exercise. Stop short of fatigue, and, if possible, always have an object in view. Be as much out of doors as circumstances will permit.

9. Personal cleanliness is of the utmost importance; to ensure this, as well as to maintain a healthy action of the skin, adopt the practice of taking a lukewarm sponge-bath daily, and a Turkish bath occasionally. Avoid cold bathing.

These points have been insisted upon at greater length in the preceding letters: they are applicable, more or less, to all classes of tropical residents on their return home; and, as I have before remarked, I feel assured that the more closely they are attended to in practice, the greater, *cæteris paribus*, will be the amount of health enjoyed.

A few other points, not included in the above remarks, are deserving of your attention.

First, then, for the cure of any malady under which you are labouring, do not rely solely on the influence of a change to a colder climate, to the exclusion of other remedial measures. Some persons, especially those of a sanguine temperament, come home with the impression that all their maladies will disappear, as if by some charm,

when their feet once more tread their native shores; and think that they may safely dispense with all the restraints which have been imposed upon them in the tropics. This is a great mistake. Certainly, in some instances, especially when the disease is rather of a functional than of an organic character, the step is attended with the happiest effects; it almost seems that the change to a colder climate was all that was required; but in the majority of cases, though the change may still in a degree operate beneficially, it proves wholly inoperative as a means of cure without other measures, medical and hygienic.

Take dysenteric affections for example. In these a change to a temperate climate, conjoined with the strict observance of medical and hygienic measures, is often productive of the best effects: but how often do we see all the benefits anticipated from the change rendered nugatory by an undue reliance on climatorial influence, and a neglect of proper precautions in respect to diet and clothing. In no class of cases is the regulation of diet of more vital importance, and yet how frequently is this fact ignored. In a case of chronic tropical dysentery, progressing favourably after a few weeks

residence at home, relapse with fatal results followed an incautious indulgence in a beef-steak pie; and in another, a serious relapse was evidently caused by the use of imperfectly cooked potatoes. Of equal, if not of greater importance, is the adoption of woollen, or other warm clothing, in order to protect the surface, especially that of the lower portions of the trunk, from atmospherical changes. As I have observed, in one of my former letters, a broad firm belt of flannel, or chamois leather, constantly worn over the abdominal region, is a precaution, which, in dysenteric cases, should never be neglected. It is hardly too much to say that the change to England, which, with due caution, may prove so beneficial, may, in its absence, be actually prejudicial. This remark applies equally to diseases of the liver; and it may be added, with regard to both these classes of affections, that a radical cure is rarely if ever obtained without recourse to medicinal as well as to hygienic measures. Climate can only be regarded as an auxiliary to other treatment.

In dyspepsia, again, climate, independent of dietetical regulations and medicinal measures, is inadequate as a means of cure. No one can read the

late Dr. James Johnson's excellent treatise on the indigestion of those returned from tropical climates, without being convinced of the fact, which every day's experience tends to confirm, that climate alone, as a means of cure, is wholly inoperative in the majority of cases. I say the majority, because there is one form of the affection which has its origin in, and is intimately connected with, that nervous debility induced by prolonged exposure to tropical solar heat, which rapidly improves, and in the course of time disappears, as the nervous system, under the influence of cold bracing air, becomes restored to a healthy condition.

Dyspepsia is notoriously difficult of cure, even under the best directed means, medicinal and hygienic: and this in a great measure arises from the multiplicity of causes upon which it depends, and the obscurity in which these causes are too often involved. So long as the cause is undetected, and remains in force, so long will the effects continue to manifest themselves. Amongst the causes of dyspepsia, in addition to that already mentioned, are the use of indigestible articles of food; undue indulgence in stimulants, or in depressants, as tobacco; organic disease, or functional derangement

of the liver and biliary apparatus; deficient tone of the stomach and duodenum, and a consequently impoverished or depraved condition of their respective secretions: or it may arise in connexion with certain constitutional conditions, as, for example, with gout and anæmia. These are but some of the causes of dyspepsia; but the enumeration is sufficient to show how irrational it is to expect that any one measure, such as a change of climate, can suffice as the sole means of cure. It serves also to explain the fact noticed in a former letter, that individuals suffering from dyspepsia derive benefit from very opposite climatorial influences.

Whilst I would impress upon you the fallacy of trusting too much to climate alone as a means of cure, I would also caution you against an exclusive reliance on medicine for the same purpose. Drugs are all very well in their proper place, and used with judgment their influence for good is too manifest to allow a doubt of their value; but it is quite possible to convert them into agents for evil. Their abuse is fraught with ill consequences. Do not over-physic yourself, nor allow others to do so for you; do not let every little ache and pain frighten you, and lead you to suppose that there is something

radically wrong with you, and to fly to your medicine-chest in search of a suitable remedy. It is perfectly right, indeed, it is a matter of necessity, to have a well-stocked medicine-chest by you in tropical lands, as you may often be placed in a position where it is of the greatest importance to have European drugs of good quality ready at hand to meet cases of emergency, when medical aid may be far distant, and when, in their absence, much valuable time might be lost. Under such circumstances, a medicine-chest is indispensable in every household, but under opposite circumstances, such as exist at home, where drugs are good and plentiful, and where medical aid, when required, may be procured at any time, with little or no delay, the necessity for it vanishes, and it had much better be discarded altogether. A very large class of persons in the tropics fancy themselves peculiarly endowed with "the art of healing," and bestow their attentions, medically, not only on themselves, but on their families and friends; and perhaps, in the absence of efficient or regular medical assistance, they have sometimes been the means of conferring real benefit. All such, however, I would advise to leave their medicine-

chests and supposed medical knowledge behind them in the tropics; and when at home to trust, except in the most ordinary cases, to the superior skill of regular professional men, of whom there is no lack in any part of the kingdom.

There is one class of remedies peculiarly liable to abuse, equally at home and in the tropics, namely, purgatives. The importance of keeping the bowels freely open is too well known to need any remark in this place; to persons arriving at home after a prolonged residence in hot climates it is a matter of even greater moment than to others not similarly situated, for amongst such there is a strong tendency to constipation, whilst, from the lessened amount of cutaneous exhalation, there is an increased liability to congestion of the internal organs, especially the liver. The remedy for this state of things is to be found rather in attending to the state of the general health, by properly regulating the other functions, particularly that of the skin, by active exercise, suitable diet, the use of tonics (especially of that class termed nervines, of which nux vomica is the best), than in the habitual employment of purgatives, which, by repeated use, serve to increase the very condition which they

are employed to rectify. An occasional aperient may be not only advisable but necessary, for the purpose of clearing the bowels of accumulations: it is the repeated use which proves so prejudicial, and against which I would caution you.

There is another class of medicines against which you should be on your guard, namely, mercurials. This caution is less requisite now than it would have been twenty years ago. The fact is, that with the advance of pathological knowledge, our views of many remedial agents have undergone considerable modification, and a belief in the powers of mercury, calomel especially, as a sort of panacea for all the diseases of tropical life, is now well-nigh abandoned by practitioners in hot climates. There are, however, still to be met in the tropics individuals, mostly amateurs and old hands, who, to use their own expression, are "ready to swear by calomel," and who not only take it themselves, but administer it to others on every trifling occasion. Should these letters fall into the hands of any of this class, let me urge upon them the advisability of abandoning a practice which is fraught with mischief. There is no reasonable excuse for persevering in it, either at home or in hotter

climates; almost every benefit which can be expected from it may be obtained by remedies of a safer character. Thus, ipecacuanha has almost entirely superseded its use in acute dysentery, and quinine has taken its place in the treatment of malarious fevers. Beyond an occasional blue pill as an aperient, conjoined with other medicines of the same class, you will act wisely in discarding the use of mercurials, except when, under competent medical advice, they are deemed indispensable.

Another remedy liable to much abuse by tropical residents returned to Europe is quinine, the value of which they think they have learnt, either by experience in their own persons, or by witnessing its effects on others. I yield to none in my estimate of this valuable medicine as an antiperiodic in the treatment of the malarious fevers so rife in hot climates; but I own that it appears to me its indiscriminate use, so far from being beneficial, may prove positively injurious. It is not my purpose here to enter into the consideration of the indications and contra-indications of this remedy; all I wish to point out is its inadequacy alone to eradicate the malarious poison, when, after a lengthened period of months, perhaps of years,

it has become ingrained, as it were, in the system. Quinine, in such cases, is possessed of little or none of that power so strikingly manifest in recent cases; indeed it appears extremely probable that its continued use in large doses, under such circumstances, exercises an injurious influence on the brain and nervous system. Other measures must be looked to as a means of cure.

I am far from wishing to damp any man's hopes, but you should be aware beforehand how difficult it often is to get rid of these tropical malarious fevers, even when unaccompanied by any abdominal complications, and when the best directed efforts, medicinal and hygienic, have been employed to eliminate the malarious poison. I have met with men who have been at home for a dozen years or more, who ordinarily seem well enough in health, but who, on an incautious exposure to the inclemencies of the weather, or after some error in personal hygiene, almost invariably suffer from an attack of their old enemy. Others, again, have periodical visitations of fever at lengthened intervals. When once the system becomes thoroughly imbued with malarious poison, especially when this is the result of a long resi-

dence in intensely malarious tracts of country, as the Arracan Coast, Western Africa, Honduras, &c., nothing but the strictest attention to hygiene, aided by the best directed medical treatment, can effect its removal; and even these means sometimes do not succeed, though the evil may be reduced to a minimum. It is in such cases, as before observed, that that sovereign of antiperiodics, quinine, fails to evidence its antidotal powers.

There is one class of remedial agents to which invalids from the tropics will do well to direct their attention as an auxiliary to other treatment—I refer to mineral waters. Of these England possesses several of considerable value. According to Dr. Althaus, they are only suitable for patients suffering from chronic diseases; and in these, only if the composition of the blood has not become too much altered, and in the absence of considerable structural changes of important organs. "Their therapeutical action," he remarks, "depends chiefly on their chemical composition and temperature; but independently of these, there are a variety of other circumstances which have an important bearing upon the result of the treatment. Amongst these may be mentioned the situation of the place, its

climate and neighbourhood, the formation of the soil, the character of the vegetation, the presence or absence of flowing and stagnant waters, the barometric pressure, the mean annual temperature of the summer months, the variations of temperature, and the amount of moisture contained in the air. The pleasant neighbourhood and sublime scenery which surround many spas greatly aid the curative effects of the waters, whilst the gloomy and wild aspect of others may, at least in some cases, retard the benefit which would otherwise accrue from the peculiar virtues of the springs. The health of patients is also much influenced according as the spa is in a low or in an Alpine neighbourhood; in broad and open plains, or in narrow valleys surrounded by steep mountains. In places which are at a high elevation above the sea, the air is by its greater purity and keenness, and also by its diminished density, an agent powerful for good, and it may be for evil."

The employment of mineral waters, like all other remedial agents, requires to be regulated in accordance with the peculiarities of each individual case; and when it is said that they are valuable in the treatment of tropical diseases, it must not be

implied that they may be indiscriminately resorted to in every case. Their selection is a matter requiring no small amount of discrimination.

Speaking generally—for those suffering from nervous debility, the result of a long residence in hot climates, the chalybeates, such as are met with at Scarborough, Tunbridge Wells, Cheltenham, Brighton, &c., are most indicated. They are equally adapted for persons labouring under tropical cachexia, or any of the sequelæ of malarious fevers, though they should not be resorted to so long as congestion of the liver and abdominal plethora are present. When these states have been removed by appropriate remedies, chalybeates offer the best prospect of cure. For various forms of liver disease, the saline waters of Cheltenham, Leamington, Bath, and Clifton have an established reputation, and they prove no less efficacious in the treatment of dyspeptic affections. In chronic rheumatism, the sulphurous waters of Harrowgate, taken internally, and the springs of Bath, Buxton, Matlock, Malvern, used in the form of baths, are often of essential benefit. In the selection of a spa you will do well to be guided by your medical adviser, and on your arrival, before commencing a course of

the waters, it is advisable to place yourself under professional guidance; remember that these waters are remedial agents powerful for good or for evil, according as they are judiciously or injudiciously employed, and medical men on the spot, who have made them their special study, are the best calculated to guide you aright in their use.

To be able to judge fairly of the effects of mineral waters, it is necessary that they should be tested at their original sources. No conclusions should be drawn from trials made with them as imported, or artificially prepared, and drunk in the quiet of your own home. However carefully they may have been preserved, in the case of imported waters, or however closely the original composition may have been imitated, in that of those artificially prepared (though in both these respects there are generally great deficiencies), there are lacking some of the elements on which the success of this class of remedies in no small degree depends, when they are partaken of at their original sources. For example, there are wanting the excitement of travel, the exhilarant effect of change of scene and climate, the different mode of life, the changes in diet and in medical treatment, together with the baths of various

descriptions which are generally indulged in at most spas as concomitants to the treatment; all of which in a degree contribute to aid the remedial power of the water. Home-made mineral waters, like home-made wines, are very inferior articles; and, generally speaking, money expended in their purchase is money thrown away. The imitations of continental mineral waters prepared by Dr. Sturve, of Dresden, are regarded as the best of their class.

Lastly, let me caution you against the employment of depletory or depressing remedies of any kind. A great change in this respect has, within the last twenty years, taken place in English practice. Whether it be that there is a change in the type of disease, or whether it proceed from sounder pathological knowledge, is a moot point; but the fact remains, that stimulant or supporting treatment has almost wholly superseded the depletory system of former days; fortunately so indeed, as far as old tropical residents are concerned, for as a class they bear depletion badly, they are readily depressed to a very undesirable degree, by means which on a purely European constitution would have little or no effect, whilst, on the other hand, after such depletion, it is often a matter of no small

difficulty to obtain reaction, and to re-establish a healthy tone of the system.

So much for the "few medical hints" with which you requested to be furnished; I fear that you may regard them as meagre and unsatisfactory, but should these Letters, such as they are, meet with your approval, I trust, in the course of time, to redeem my character by presenting you with another series, giving you more in detail my views on the diseases incidental to Europeans on their return from hot climates.

LETTER XII.

Income required for home life—The minimum in the country and in London—English and colonial housekeepers—Training in India—The first year at home—Purchase of furniture—Auctions—Bringing furniture to England—How to live on a small income—Boarding-houses—Clubs—Vale.

MY DEAR D.,

In this, my last letter, I will offer a few remarks on the often repeated question, which naturally forms the subject of anxious thought in the minds of all old Indians and Colonists when contemplating a return to England, "What income will be required to meet the expenses of home life?" The problem is rendered difficult of solution in consequence of the extremely wide differences which exist in individuals' tastes, habits, and requirements; what is a necessary in one man's ideas is a superfluity in another's. You may remember the story of Mrs. S., who, at the request of the other ladies at her station, promised to keep a strict account of her expenditure during a three years' residence in England. She faithfully kept her promise, and the first article in her accounts produced on her return to India, under the heading of Household Expenses, ran thus, "Fishmonger, as

per agreement, at 20s. a week for fish, £52!" and everything else in proportion. It may readily be imagined how the heart of any materfamilias would sink as she scanned the document.

As the result of extended observation during three years' experience of home life, I am inclined to place the minimum income at £500 per annum. No married man, who in the tropics has held the position of "an officer and a gentleman," can secure the comforts of home life, in a house of his own, with an income of less amount than this; and even with this sum, attention to economy is indispensable, or he will not "make both ends meet," as the expression hath it. Placing his rent at about one-seventh of his income, which is regarded by those versed in these matters to be about the proper proportion, he will be enabled to secure a respectable house and all the necessaries and most of the comforts of life. This allows for the support and education of one child; if there be more than this, from £80 to £100 should be allowed for each additional member of the family.

The above calculation has reference to a residence in the country or in a provincial or seaport town; the same income will be found wholly inadequate to meet the expenses of life in London; to maintain

a corresponding position in the latter, from £750 to £900 per annum should be regarded as the minimum for those whose tastes and habits incline them to mix in the society of their compeers. On the cause of the comparative expense of life in London, I have already offered some remarks. I shall not attempt to enter into a detail of the items on which this calculation is based, but of its correctness generally you may feel well assured.

Some time since I met with a little book, entitled "How I managed my House on Two Hundred a Year," and the writer, a married lady with one child, shows how this may be accomplished by one who, thoroughly versed in housekeeping, manages everything on the principles of the most rigid economy. I would advise none of my fair friends in the tropics to undertake such a task. Far better remain in your tropical homes on curry and rice, than attempt housekeeping on such an income. Some experienced housekeepers with whom I have conversed on the subject, assure me that my estimate is too high, and that they can not only "manage," but be comfortable on an income far less than that which I have mentioned. This may be the case with those bred up in the principles and practice of a rigid economy, who are up to the ins and outs of

English domestic life, but it will be found a matter difficult, if not impossible, of accomplishment by ladies who, in their tropical homes, have paid comparatively little attention to domestic matters in their minute details. It is a fact, that English housekeepers will make money go much further than those whose experience has been gained solely in tropical regions; they understand the real value of money, and realize the fact that a shilling a day is eighteen pounds a year, and they act accordingly. Not that I would imply that they exhibit any niggardliness in their household arrangements; far from it, what I mean is, that they manage to secure comforts, and even luxuries, with a sum of money which, in the hands of their tropical sisters, would prove wholly inadequate to obtain the same advantages.

If in what I have just said I did not intend to cast any reflection on English lady housekeepers, still less do I mean to reflect unkindly on my fair tropical friends; that they are less versed in housekeeping than their countrywomen at home is no fault of theirs; it is their misfortune, the result of the system in which most of them have been born and bred.

What is the history of the majority of the matrons in India and our colonies generally? The daughters of civil or military officials; born in

the tropics; brought up in luxury, with little or no instruction, and least of all in domestic matters; sent home at an early age for education; at seventeen or eighteen years of age, or even earlier, returning to their parents, well-versed perhaps in everything excepting domestic economics; marrying men probably as ignorant as themselves of the details of housekeeping; drawing a liberal income, sufficient for all the necessaries and most of the luxuries of life; entertaining hospitably; spending money with a lavish hand, and taking little or no forethought for to-morrow, so long as they keep free from debt. After twenty or thirty years thus spent, they have to return to England to live on comparatively small means, with a less knowledge of household affairs than is possessed by nine out of ten women of the same age and position in life at home.

Under such circumstances, it is evident that there exists an additional necessity for a liberal income, when the period arrives for settling down in England. I repeat the assertion made in a former letter, that there is no other country in the wide, wide world, where a greater amount of solid comfort and happiness may be enjoyed than in England; but to ensure this, it must be added, that a liberal command of means is requisite.

If, on your return home, you find that you have to consider every penny you spend; if you cannot do as your equals in position do; if you have to deny yourself some little extras, which from long-continued use have become to you necessaries of life; and if, moreover, you allow that demon, envy of the superior advantages of others, to take possession of you, I venture to predict that, sooner or later, you will heartily wish that you had deferred your return until you had succeeded in securing more liberal means. The incomes I have mentioned are the lowest on which you should think of settling down in England; and even on them you will find careful expenditure indispensable, or you will not contrive to make both ends meet; and debt, both on the grounds of morality and prudence, is to be avoided. Every additional £100 per annum above the estimates given will, it need hardly be said, essentially contribute to your comfort.

The first year at home is of course the most expensive; an extra £100 in hand will not be more than requisite for a new equipment of clothing, for travelling expenses, sight-seeing, &c. You must also bear in mind that a considerable outlay will be unavoidable when the serious question of furnishing presents itself. When everything has to

be purchased, little short of £500 will be required for a medium-sized house in London; but on this point I cannot do better than refer you to "Walsh's Manual of Domestic Economy," published by Routledge, which, amongst an immense variety of other useful information, supplies estimates for furnishing, for persons with incomes varying from £100 to £1000 a year. You will do well to study these. Let me add two pieces of negative advice, neither of them, I believe, contained in Mr. Walsh's useful little book.

First, then, do not be led away with the idea entertained by many that you may furnish cheaply by making your purchases at auctions. From recent exposures in the newspapers respecting "knock-outs" in London, it is evident, in consequence of a combination amongst the brokers, that you stand no chance of getting good articles without paying for them a price exceeding that which you would have had to pay at a respectable dealer's, whilst you are very likely to obtain a worthless article polished up to deceive the unwary. Far better in every way is it to make your purchases with deliberation in a shop of established character, where you are sure of getting your money's worth.

Secondly, do not bring home articles of furniture with you. When you take into account their original cost in India and the colonies, and add to this the expenses of freight, insurance, landing charges, agent's commission, and so forth, you will find that their total cost is equal to, if it does not exceed what you would have to pay for corresponding articles at home. In addition to this, the best Indian or colonial furniture lacks that finish which characterizes good English manufactured articles. One exception to this is Bombay furniture, which in beauty of design and delicacy of carving is superior to anything to be obtained at home; but it has this great disadvantage, that to keep it in the condition it should be in to look well, occupies more time than servants in a limited household can afford to expend upon it without neglecting their other duties. You should bear in mind, also, the chances of its getting damaged on its homeward voyage.

To return, however, to the subject of income. I fancy I hear you exclaim, "If your estimates, £500 per annum for the country and £750 to £900 for London, be correct, how are those unfortunate individuals to manage, who are compelled by ill-health or other unavoidable circumstances to

retire with an income less, perhaps, than half of your minimum?" I answer that persons so circumstanced may manage as thousands are obliged to do, very comfortably, so long as they are content to do without a house and establishment of their own, which, as I explained before, is understood by the expression "settling down." For all such the country offers a thousand advantages over London as a place of residence. There is hardly a seaport or provincial town throughout the length and breadth of the land in which retired half-pay officers and others, gentlemen and ladies by birth and education, with very limited incomes, are not to be found residing in apartments or boarding-houses, and in this manner securing all the necessaries and many of the comforts of home life. They do not, it is true, obtain the maximum of comfort, for that, as I observed in a former letter, is only to be had in a house of one's own; but lacking this, and acting sensibly, in accordance with the old maxim of cutting their coat according to their cloth, they may enjoy as many of the advantages of home life as they can reasonably expect with the limited ways and means at command, maintaining at the same time their position as ladies and gentlemen. In fact, with an income of £250

or £300 a-year, a married couple, where there are no extensive demands for the education of children and so forth, can secure for themselves, in apartments or in a boarding-house, almost everything they can desire. There is in this mode of life an independence, denied in a great measure to householders, which is peculiarly suited to certain dispositions. If persons with limited incomes, such as are mentioned above, attempted to set up an establishment of their own, they would, ere long, find themselves involved in pecuniary difficulties.

Boarding-houses are preferred by some persons, not only on account of their cheapness in most instances, but because the free, social intercourse which generally exists amongst the inmates of such establishments, is peculiarly adapted to their tastes and feelings. They are well suited for bachelors, widows, and ladies of a certain or rather of an uncertain age; but for married people with a family, especially of grown-up daughters, they are objectionable, on account of the mixed character of the inmates into whose society they are, by force of circumstances, directly thrown. Every one, of course, must in this matter be guided by his own tastes; but it appears to me, that boarding-houses

are little suited to those who have for years enjoyed the privacies of domestic life, whether in the tropics or at home. Fortunately for boarding-house keepers, at any rate, all do not think as I do on this subject.

By means of the clubs, to which allusion has been made in a former letter, bachelors of limited incomes residing in London can secure, not only the necessaries, but also the luxuries of life at a comparatively small outlay. Hundreds of officers, with little beyond their half-pay or pension, manage, by aid of those establishments, to maintain their position as gentlemen, in society.

I cannot draw these letters to a conclusion without expressing my hope, that some of the hints contained in them may be found to contribute, in some degree, to the welfare and happiness of a class of which it is alike my pride and pleasure to be a member—*Vale.*

THE END.